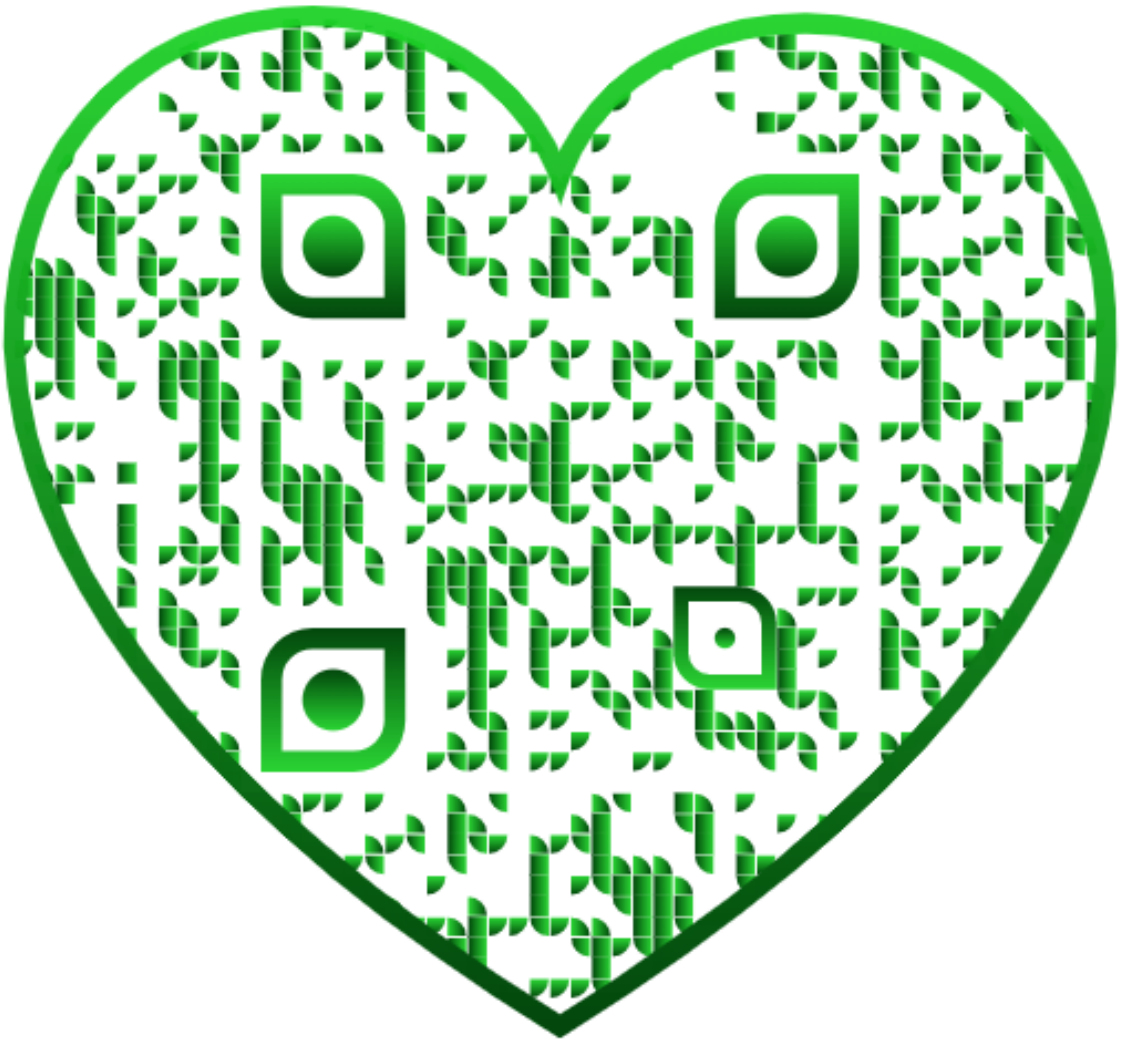
ASTRAL PROJECTION AND LUCID DREAMING

SPIRITUAL REVELATIONS AND OUT-OF-BODY EXPERIENCES IN HIGHER DIMENSIONS

A COMPLETE GUIDE TO EXPLORING NONPHYSICAL REALITY

VINCENT FIELD



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INTRODUCTION

I was fourteen years old when I first learned about out-of-body experiences, and I was instantly hooked. The idea of my spirit leaving my body and traveling around the universe was the most incredible thing I had ever heard. It sparked a deep curiosity and introduced a feeling of magic and excitement into my life that I had never experienced before. I immediately started researching methods and techniques to achieve this state. I also read as much as I could find about other people's experiences out of body so I knew what to expect and what was possible. However, my imagination had no precedent to even slightly foresee or comprehend the nature of the experiences that I was going to have and the insights I was going to learn.

I had almost instant success at achieving the out-of-body state. Perhaps I was a natural, or maybe it was just the right combination of an open mind, optimism, dedication, desire and proper technique. I began a detailed journal documenting my explorations in nonphysical realities, the contents of which comprise the majority of this book. I had originally organized the journal entries into categories and planned on dividing the book into chapters according to the nature and theme of each experience. Some of these categories included:

- *Exploring the nature of the different types of consciousness projection, such as astral projection, phasing, mental projection, lucid dreaming and dream projection*
- *The mechanics and characteristics of nonphysical reality*
- *Experiences in higher dimensions and heavenly realms*
- *Exploring the nature of the Higher Self*
- *Contact with deceased humans*
- *Encounters with aliens, nonhuman beings and extradimensional entities*
- *Experiences with spirit guides*
- *Energy body development and energetic phenomena*
- *Experiences with Jesus Christ*

- *Overcoming obstacles and limitations while out of body*
- *Techniques for entering and navigating higher realms*
- *Experiences with negative or malevolent nonphysical entities*

However, I soon realized that each experience contained multiple themes, and it would be more practical to instead show the development of my experiences, abilities and knowledge in chronological order. I have chosen the most significant experiences to include in this book, as there are just too many of them to fit into one volume. The various techniques I learned, developed and refined over the years are also detailed throughout the book. The goal of this work is to share my experiences and provide my own unique insight regarding astral projection and lucid dreaming so that it may benefit readers curious about these practices or even those already engaged in them.

CHAPTER ONE
Shocking Experiences and Encounters

My initial research into the subject of astral projection taught me that the requisite condition for achieving the out-of-body state is that one must keep the mind awake as the body falls asleep. This mind awake/body asleep state can be considered a deep level of trance, which is a general term for an altered state of consciousness, essentially any state of mind beyond normal waking awareness. When the mind awake/body asleep state is achieved, a person's consciousness becomes free to leave the confines of the physical body.

After reading a technique to enter this deep trance state, I immediately gave it a try. Lying in bed on my back with my arms at my sides, I progressively relaxed my body from my feet up to my head. This consisted of contracting and relaxing each muscle or muscle group while mentally affirming that the particular muscle I was focused on was completely relaxed. Once my entire body was relaxed, I then used a technique to still my mind for long enough that my body would begin to fall asleep. I focused my awareness on my breath and counted each inhalation and exhalation, starting from one hundred and counting down to zero. I had affirmed that when I reached zero, my body would be asleep and my mind would still be awake. After reaching zero, I created an internal falling sensation to induce and deepen the trance state by visualizing myself falling, descending a ladder, and other similar actions. The key was to try to induce the actual feeling, not just visualize it. This internal falling method was supposed to induce the mind awake/body asleep state, and from there the instructions were to simply feel yourself floating up or rolling over and out of your body.

The first two times using this technique, I reached an extremely deep state of relaxation after about 45 minutes. At this point it felt like my body was becoming extremely heavy and almost impossible to move. Soon after being overcome by this deep heaviness, I lost almost all sensation of my body. It seemed like I was floating in the space where my body should have

been. I didn't experience anything more than this, however. I eventually got bored and aborted the attempt to leave my body.

To understand a majority of the concepts and language used in describing the nature of these nonphysical experiences, it's critical to understand the energetic nature of the universe. Every aspect of our experience, whether it be the people we meet, the food we eat, or the thoughts we think, all consists of pure energy at its core, fundamental, base state of existence. Our brains receive this energetic data in various ways and convert it into our experience of the five sense perceptions. Today it's common scientific knowledge that the matter of our physical world only appears to be solid, but is actually mostly empty space, vibrations of energy that create the appearance of something more solid only when observed by the conscious mind.

It's also pertinent to understand my use of the term "higher." I use this word in various ways: Higher dimensions, higher knowledge, higher mind, Higher Self, higher states of consciousness, etc. This is not referring to a location on a vertical spectrum of linear coordinates. Rather, it refers to the speed at which energy moves. Quantum physics tells us that everything is energy, and all energy moves at a certain rate of vibration, or vibrational frequency. Higher vibrational frequencies correspond with "higher" dimensions, or realities that are made up of energy moving at a faster rate of speed than the physical world. The higher the energy's rate of vibrations, the farther removed from the physical dimension it is, and the deeper into nonphysical reality it's situated. Lower dimensions generally correspond with states of ignorance, delusion, and negative emotions, whereas higher dimensions correspond with divine states of consciousness, unconditional love, purity of soul, a feeling of oneness with all that exists, and direct access to spiritual insights and knowledge.

The physical dimension is essentially a distinct range of energetic frequencies being perceived and interpreted by beings who likewise consist of pure energy on a fundamental level. Our brains are only able to interpret a limited range of frequencies that make up our daily experience of the world. Out-of-body experiences, however, allow one's conscious mind to gain temporary freedom from these limited physical perceptions and allow higher-level perceptions of a seemingly infinite multidimensional universe that is imperceptible from a physical vantage point.

I had learned from several sources that right before an out-of-body experience occurs, the person enters a vibrational state that feels like a strong yet painless electrical current running through the body, and it is at this time that one's "spirit," or energy body, would disconnect from its physical counterpart. The idea behind this is that within one's physical body is a spectrum or gradient of energy bodies of different degrees of vibration or energetic frequency. These energy bodies are essentially nonphysical or spiritual counterparts of the physical body. The physical body consists of the densest energetic frequency, and the energy bodies each operate at a higher and higher rate of vibration moving up from the physical level, each level of energy body corresponding with a particular level of nonphysical reality. These energy bodies are superimposed and intimately connected to the physical body during waking consciousness. During an out-of-body experience, however, the person's consciousness internally shifts from the physical body to its energy body counterpart and detaches, now free to explore beyond the confines of its physical vessel.

It has been found by many out-of-body explorers, myself included, that when we fall asleep our energy bodies naturally detach from the physical body and remain separated throughout the duration of sleep as a natural phenomenon. So by keeping the mind awake during this process, one simply goes along for the ride and consciously enters the out-of-body state. By thinking about floating up towards the ceiling or rolling to the side, one would indeed produce this effect and rise or roll out of the physical body, since thought is the principle means of movement and control in the out-of-body state. I would soon learn these things firsthand.

March 23, 2000

Lying comfortably in bed, I relaxed my body and mind and proceeded to deepen my state of consciousness to attain a trance. After about half an hour patiently waiting, I suddenly felt an internal sinking sensation accompanied by an extreme heaviness throughout my body. I then witnessed my entire body lock up and enter a state of paralysis. To my shock and horror, I was simultaneously bombarded by an auditory and visual onslaught! Three-dimensional images of people, places, geometric figures, and strange alien beings spontaneously manifested in the blackness behind my eyelids, each image appearing for a split second and then being replaced by the next one. It seemed like there was a three-dimensional

television screen in my mind and the channels were continuously being changed. I concurrently heard what seemed to be hundreds of different people talking at the same time.

If this was not strange enough, almost immediately following this I was hit with a surge of the most intense energy I had ever experienced. It felt like the very core of my being was violently shaking, although it was actually rather enjoyable. Remembering that these vibrations were an indicator that the ideal state for an out-of-body experience had been achieved, I then thought about floating up out of my body. Sure enough, I felt myself begin to rise! At this point the visions and voices stopped, and although I could no longer see anything, I was able to hear a buzzing noise that seemed to come from the vibrations that had now encompassed my entire being.

As I floated up, my vision began to return, and I found myself coming closer and closer to the ceiling. I turned around and saw myself sleeping in my bed, and at that moment I became fully aware of my situation and was instantly hit with an extreme feeling of joy, excitement and awe. I flew right through the window out into the night sky. I felt the window as a somewhat denser layer of energy as I passed through the glass, but there was no significant resistance. The moon was full and seemed to be bigger, brighter and far more beautiful than usual. Not having a specific destination in mind, I flew across the city at about 100 feet above ground level. I found myself hovering over my grandmother's house, and saw three teenagers walking down the street. I thought it was strange that they were out so late, as it must have been at least midnight. This is my last clear memory of the experience.

I don't remember much after this and can't recall how I got back to my body. I woke up the next morning and wrote down the experience. I had previously read that auditory and visual hallucinations are commonly experienced before separation from the body, but I had seriously underestimated their power. The same can be said for the paralysis and vibrations. The strength and realness of these sensations were unlike anything I could have imagined.

The state in which these hallucinations happen is commonly known as hypnagogia, which generally occurs moments before sleep. Interestingly, at the onset of this state, it seems as if a vivid landscape of complete blackness

manifests in one's vision that appears to have a three-dimensional quality to it. Commonly referred to as the 3D blackness, this dimension of mind is blacker than the deepest darkness that can be seen with the physical eyes, and is said to be a dimensional entrance into nonphysical realities. It's within this 3D blackness that visions and hallucinations usually manifest, also known as hypnagogic imagery. It's possible to project one's consciousness fully into this area and shift into higher nonphysical realms. Another symptom of hypnagogia is sleep paralysis, which is the experience of temporary paralysis of the physical body. It's said that sleep paralysis occurs as a protection mechanism to prevent people from moving during sleep and physically acting out their dreams.

Although I had just undergone an amazing, life-changing event, I was conflicted as to the reality of what had actually happened. It had seemed so real while I was experiencing it, and yet my memory of the out-of-body experience seemed to be a bit dream-like after the fact. It was more like remembering a dream than it was like remembering an event that happened in waking reality. I would eventually learn why that was the case.

Shortly after my first experience, I discovered a method of achieving an out-of-body experience that required far less effort than the technique I had previously used. This new technique is commonly called the Wake Back To Bed method, or WBTB for short. It requires the person to wake up after about 6 hours of sleep and remain awake for up to an hour. During the time awake, the person is to focus on their task of having an out-of-body experience, ideally by reading some kind of related literature. The method then calls for the person to go back to bed. The idea is that in the early morning, the body is extremely relaxed but not yet fully rested, making it very easy to fall back to sleep. Staying awake for up to an hour awakens the

mind enough to help prevent it from going back to sleep with the body.

To enhance this method, after lying on one's back and getting comfortable, the eyes can be rolled up to focus on the area between the eyebrows, known as the third eye, or brow chakra. Affirmations such as "I'm leaving my body" and "I'm conscious as my body falls asleep" are then repeated in one's mind until the person falls asleep. When stated in conjunction with focusing on the area between the eyebrows, these affirmations are designed to program the subconscious mind to automatically produce an out-of-body experience, or rather, to arouse the conscious mind as this process is occurring, as it naturally does as one falls

asleep. The person then simply drifts off to sleep and suddenly becomes conscious as they are leaving their body. According to the theory behind this technique, the third eye is the gateway to the subconscious mind. I would soon find out how true this was.

March 28, 2000

This morning I tried the WBTB (Wake Back To Bed) method. I awoke after 6 hours of sleep, stayed up for an hour, and went back to bed. I focused on my third eye and repeated to myself, "I'm having an out-of-body experience." After about 10 minutes I drifted to sleep. The next thing I knew, I was jolted wide-awake to find myself in a paralyzed state with incredibly intense vibrations coursing through my body! I began having the same auditory and visual hallucinations that occurred during the last experience, but they ceased after several seconds, as did the intense vibrations.

I suddenly became aware of a presence right next to me. As I apprehensively focused my attention on it, the room around me became visible, and to my shock and horror I saw a huge dark figure standing at the side of my bed looking down at me! It was a tall, black, humanoid silhouette, although the outline of its body was not well defined. I panicked and almost instantly snapped out of the altered state.

After calming myself down, I fell back to sleep. Instead of losing consciousness, however, I remained awake as my body fell asleep without even trying. Again I became paralyzed and was overcome by vibrations. I internally resisted, afraid that the shadow entity was still there, but I was unable to move or stop what was happening! The dark presence came back into my awareness, but this time I tried my best to keep calm and attempted to ignore it. I started to rise from my body like a helium-filled balloon, and as I did, the shadow being seemed to fade out of my awareness. My experience was cut short, however, for I was sucked back into my body faster than I had left it.

I had read about these "shadow beings" before having this experience, so it wasn't a complete surprise, although seeing something like that up close and personal for the first time is not something one can ever truly be prepared for. These entities are also known as "dwellers on the threshold." The "threshold" refers to the dimensional level between the physical world

and the astral dimension. It's speculated that oftentimes these beings are manifestations of the person's fears, rather than independent, conscious entities. Future experiences would indicate that this is not always the case, however, and they are not necessarily as frightening or malicious as they may appear.

I have discovered through extensive firsthand experience that thoughts directly affect one's experience in the out-of-body state to such an extent that harboring a fearful mentality will often cause the apparition of entities that represent or are drawn to that fear. Because the initial separation from the body is usually the most startling aspect of the experience due to the intense and sometimes frightening sensations that occur, this is the most common time for a person to encounter these manifestations.

I'm not convinced that all negative or lower-level entities are simply just subconscious manifestations or hallucinations, however. I have learned that the dimensional level that one finds themselves in while out of body directly correlates with the internal state of the individual at that time. It's essentially a case of the law of attraction that manifests instantaneously due to the unlimited energetic nature of nonphysical reality. Therefore, a person whose energies are in a low vibratory state, whether due to fear, harboring a negative mindset or being spiritually underdeveloped, will resonate with a lower nonphysical dimension, usually inhabited by entities of a similarly low vibration. There are some very real entities inhabiting the lower realms that you don't want to attract, so one of the goals of the out-of-body explorer should be the heightening of one's vibrational state.

Raising one's internal energies is naturally accomplished by developing spirituality in one's daily life and maintaining a well-balanced, healthy lifestyle, including the acquisition of wholesome physical and mental habits and disengagement from those of a negative influence. This includes devoting oneself to spiritual practices, especially meditation and prayer, and learning to cultivate an internal state of peace, love, joy, compassion, equanimity, and wisdom. Practice and experience in the out-of-body state also promotes the development of one's internal energetic state, as does energy work, which is the development of the energy body by directly engaging it with the mind. The practice of energy work will be explained in greater detail later.

After my immediate success with the WBTB technique, it quickly became my go-to method for inducing out-of-body experiences. It was far

more practical than the initial technique I had been using, which required the painstaking inducement of a physical and mental state that occurred naturally in the early morning with minimal effort. My out-of-body projections suddenly became more frequent and easily achievable. Whereas before I had about a 25% success rate, I was now achieving the out-of-body state almost 75% of the time!

May 9, 2000

This morning I woke up at my grandfather's house after having slept there the night before. Wanting to go out of body, I stayed awake for a while and then went back to bed. I began stating my usual affirmations while focusing on my third eye, and I eventually lost consciousness. The next thing I knew, I was fully conscious and shaking violently with vibrations! I had a slight feeling of nervousness, unsure of what was going to happen or whom I was going to encounter. The room around me came into focus, and I was startled to find a huge shadow being standing next to my bed! As terrifying as it was, I tried my best to ignore it and brought my focus inward, effectively shutting out my view of the room and inducing a visual state of darkness.

I tried to levitate out of my body, but for some reason I seemed to be stuck. Remembering the techniques I had read online for separating from the body, I attempted another exit strategy. I tried to feel myself rocking from side to side, gradually working up to a significant swing, and I was soon able to roll over and out of my body. It felt as if there was a glue-like substance that held me to my body and I had to exert extra mental effort to break its bond. I felt myself floating next to my body but couldn't see anything, so I flew up towards the ceiling. The farther away from my body I got, the better I was able to see the room around me. To my relief, the shadow being was no longer there. I thought about flying up through the ceiling, and my thoughts seemed to propel me, as I instantly found myself floating up through the ceiling in accordance with my intentions.

This is when things started to get weird. Rather going through the roof and finding myself outside, I instead discovered that I was in a large hotel building! I seemed to have awareness of where I was and the size of the building in a manner I can best liken to a psychic knowing or intuition. It was like an instant download of knowledge accompanied by related mental images. I rose from floor to floor, observing the occupants of each room I

passed through. The longer I explored, however, the more my conscious awareness faded, and I became so immersed in my surroundings that I forgot that I was out of body in the first place! I soon found myself in a dream state, unconsciously interacting with people at a party that was being thrown in the hotel, hanging out with actor Jim Carrey! He was goofing around like he usually does in his movies, making everyone laugh, myself included. The details of the rest of the experience seem to be insignificant, for I was no longer lucidly exploring in the out-of-body state, but had apparently entered a dream and no longer had conscious control of what I was doing.

The transformation of this out-of-body experience into what seemed to be a strange dream in which I no longer had lucid awareness raised some perplexing questions about the nature and validity of the experiences I was having. How could an OBE (out-of-body experience) turn into a dream? Were my OBEs just dreams that seemed real? What was the relationship between the out-of-body state and dreams? Subsequent experiences would eventually provide the answers to these questions.

The main difference between a dream and an OBE is the presence of conscious awareness during the experience. Both types of experiences occur in dimensions of reality that are beyond the physical universe. These nonphysical dimensions are of finer energetic vibrations and are generally unable to be perceived by one's physically-oriented consciousness. But just because these realms and the experiences had within them are not perceptible in the physical world does not negate their reality, just as the fact that the majority of the spectrum of light is not perceptible to humans does not mean it does not exist. Likewise, just because dream experiences are temporary and appear to be illusory does not mean they're not real, valid or meaningful experiences. It would appear that dreams simply take place in a different frame of reality, or dimension, than the physical world.

There seems to be a nearly infinite number of different dimensions that exist in the nonphysical spectrum of reality, and so the question of "where" these nonphysical experiences occur is not as clear-cut as determining one's location in the physical world. One rule of thumb is that the closer the vibrational resonance of a particular nonphysical dimension is to the physical dimension, the more closely it will resemble the physical world. It has been found that everything in the physical world is multidimensional in

nature, containing both physical and nonphysical aspects. The levels of nonphysical reality just outside of the resonance of the physical dimension seem to contain finer energetic aspects of their denser physical counterparts, almost like energetic duplicates of the material world. The farther you go on the dimensional spectrum away from the physical world, the more unique the nonphysical environment becomes and the more reality deviates from physical reality.

This concept especially applies to humans and other conscious life forms. The essence of who we are, which is essentially pure consciousness, is multidimensional in nature. Although we are usually only aware of the physical aspect of our being during normal waking consciousness, our physical awareness is actually just a tiny part of a much larger spectrum of consciousness. This realization can only be made through the firsthand experience of consciously accessing these higher levels of consciousness.

It would appear as if most dreams occur within a mind-reflective nonphysical reality which projects the contents of one's own subconscious mind into seemingly tangible form in order to provide the dreamer with a particular experience. In other words, the dream world and those within in it are usually reflections and manifestations of the dreamer's subconscious mind, although there is evidence that suggests that this is not always the case and that some experiences contain elements of an objective nonphysical reality. Although the dream experience is generally one of mental constructs, the dimensions of reality in which dreams occur are just as valid as both physical reality and the dimensions accessed during OBEs. The laws that govern dream reality and the experiences had within it appear to be consistent and reliable, and the sensory perceptions of the dreamer can be just as real, and sometime even more real than the physical senses.

Some dream memories actually seem to be recollections of conscious out-of-body experiences occurring within a more objective nonphysical reality framework that is most commonly called the astral dimension. However, if an individual is not trained to recognize a conscious out-of-body experience for what it really is, it may very well be dismissed as nothing more than a dream. The distinctions and similarities between dreams and OBEs especially become apparent the more one is able to become consciously aware within their dreams, known as lucid dreaming, which allows for mindful examination, experimentation and exploration of the nonphysical reality that one was previously unconsciously immersed in.

It's possible to shift from one state of consciousness or type of experience to another (e.g., OBEs, lucid dreams, dreams, etc.) and it seems they are all interlinked via one's consciousness. An experience can transform from a conscious OBE into a dream, and then become a lucid dream simply by altering one's state of consciousness and hence changing the type of reality that is experienced.

I have learned that it's not uncommon for an out-of-body experience to become a dream. This is due to a loss of conscious awareness and the subconscious mind taking control of the experience. As one shifts from a lucid state of consciousness to an unconscious state, it seems that a dimensional shift concurrently takes place, causing the person to phase out of the realms explored during conscious OBEs and into a dimension that generates reflections of the subconscious mind, which is where most dreams seem to take place. This usually begins with spontaneous changes occurring to various elements of the out-of-body environment, known as reality fluctuations. These occur when one starts to lose mental focus and lucidity, allowing the subconscious mind to begin to manifest itself. The longer one is in the out-of-body state, the more likely it is for this to occur, especially if the person has little experience operating in this mode of consciousness.

I have discovered that there are techniques one can use to halt and even reverse these reality distortions and regain conscious awareness when it begins to fade. Stating verbal affirmations while out of body works extremely well to this end. Screaming "clarity now!" at the onset of reality fluctuations or when one's conscious awareness begins to diminish can cause an instant burst of lucidity, elevating and strengthening one's awareness and allowing the experience to be prolonged. These commands basically serve as requests to the Higher Self, which then manifests whatever particular state or action is desired. More examples of using verbal commands to direct one's experiences will be covered in following chapters.

Touching and rubbing one's hands and face are also excellent ways to deepen one's state of awareness, ground oneself in nonphysical reality and maintain an optimal state of consciousness while out of body. Touching nearby objects can also have the same effect. This is particularly useful if the person has no vision upon exiting the body, as sight will usually manifest after several seconds of employing this touching method. It helps

to really concentrate on the sensation of feeling whatever is nearby in the environment, whether it's a wall, furniture, or your own energy body.

Another technique for heightening one's lucidity is when the person visually inspects the immediate environment from a very close distance of several inches, which usually brings one's vision into a state of ultra-perception. This is especially helpful if one's vision is blurry while out of body. Combining these touching and looking methods is one of the most effective ways to enhance one's perceptions and maximize one's level of conscious awareness. Other methods for achieving similar results will be explored later.

August 21, 2000

I was lying in bed on my right side after getting home from crew practice after school, which always left me exhausted. I easily slipped into a deeply relaxed state. Suddenly, my senses took on a different quality. I was encompassed by a mild rushing sensation as if energy was flowing within me like the ocean, and I seemed to shift inside of myself in a way that is difficult to explain. Not a moment after falling into this altered state did I feel a hand gently rest on my left shoulder and a soft, male voice said, "I'm proud of you, my son." It wasn't spoken out loud, but it was more like the words were telepathically implanted into my mind. It was more than just a thought, however, for the sentence was internally projected into a verbal auditory perception that had a unique voice and energetic quality different from my own.

As this being touched my shoulder and spoke to me, I felt a deep sensation of love emanating from him. This love was felt inside of me as if it was my own, but it took on a different quality than the love I was used to feeling. It had more of an unconditional nature, like a parent would feel for their child, or like God would feel for His creation. I arose out of this altered state with a large smile on my face.

I knew something special had just happened to me. I felt it deep inside. I sincerely believed that I had been visited by God. When I was addressed as "my son," it was not a term reflecting the speaker's seniority, but rather a genuine reference of a father-son relationship. There was no confusion to the meaning behind it, for it was not just words that I had heard, but it was an energetic concept that I was given. I felt it and understood it in a way

that is difficult to describe, as it's beyond normal communication on the physical level. I believe the words were a result of my mind translating the energy in a way that would be relatable and discernible to my physically-attuned conscious mind. In time I would discover that this was the nature of nonverbal communication in nonphysical states of consciousness.

I attributed this experience to my recent shift in focus to spirituality and my acquisition of the ability to consciously leave my body. I believed that I had opened a door to the potential realization of the limitless possibilities of spiritual discovery and fulfillment, and this encounter affirmed that I was on the right path.

CHAPTER TWO
Exploring New Possibilities

November 11, 2000

I woke up after about 5 hours of sleep and decided to use the WBTB method to leave my body. I stayed awake for about half an hour and then lay down in bed. After about 20 minutes of relaxing my body and mind, I entered a state of vibrations with no lapse in consciousness and easily floated out of my body. I felt a sensation of complete lightness after several moments in the vibrational state, and at that point I intuitively knew that I was free from my body. All it took was the intention and a simple thought to rise and I found myself instantly elevating. My room was dark and it appeared to be nighttime, which was odd because it was actually about 9 in the morning. I had been planning on attempting to visit my deceased great-grandmother while out of body, and I suddenly remembered this as I floated above my body thinking about what to do with myself.

I thought about my great-grandmother with a desire to be with her and yelled out, "I want to go to Nanny!" The next thing I knew, I was flying through space at what seemed like warp speed as if I had suddenly been catapulted by an unseen force! Stars and planets were whizzing by me. The feeling of moving at such a high speed was exhilarating. I had my arms stretched out in front of me like I was superman bolting through the galaxy. My body seemed to have a very fluid form. My arms and hands were translucent and didn't have a completely solid shape, but seemed to be made of a gel-like substance. I suddenly found myself face-to-face with my great-grandmother! We appeared to be out in the far reaches of space, and although I recall communicating with her, the details of the conversation escape my memory. I'm left with an energetic impression of the experience in the form of deep, intangible feelings that I can't seem to translate into words.

I found myself back in bed, but I still wasn't completely connected with my physical body. I was able to easily slip back out of my body, this time rolling out without experiencing the heavy vibrations that usually accompany separation. I was floating next to my bed, unable to see the

room around me. Remembering a technique to heighten perception that I had recently read about, I began to spin in place as fast as I could. I stopped spinning after about twenty high-speed rotations, and to my pleasant surprise I was now able to see! I floated out of my house through my bedroom wall, feeling the energy of the wall as I passed through it.

I flew out into the night sky, and as I looked up, my breath was taken away by what I saw. The sky was filled with stars and the moon was full, but this was no ordinary moon. This moon appeared to be at least ten times bigger than Earth's moon actually is! It also seemed like it was much closer to Earth, as if I could fly out and reach it in less than a minute. It must have taken up one quarter of the sky! The beauty of this sight was unlike anything I had ever witnessed, and I was instantly filled with a deep feeling of love and awe. I was overcome by an energy that was totally unique, and my intuition told me that this energy was coming directly from this large lunar body. I was totally immersed in the presence of the moon and it was miraculous.

Mesmerized by how real everything was, I flew off to explore, passing through some trees and feeling the sensation of moving through the branches and leaves. I seemed to be in a hyper-aware state of consciousness and was filled with a sense of joy that appeared to be an attribute of the state of consciousness that I was experiencing. To my utter amazement, there were three more planetary bodies on the horizon and a large castle in the distance situated underneath them. I wasn't sure if they were moons or planets, but they were pale, white- and orange-hued, and seemed to be just slightly larger than the size of the physical moon as it usually appears in the sky. I suddenly became aware of a distant noise and was snapped into my body with a brief sensation of high-speed movement. I woke up to find that my younger brother had entered the room.

Just as nearby physical stimuli awaken a person out of sleep, disturbances have the same effect upon one's consciousness during out-of-body experiences. The idea of not being able to reenter the physical body during an OBE has never been an issue. To the contrary, it actually requires a great deal of effort to stay out of the body, as the slightest thought of reentering the body or the smallest physical disturbance would cause me to instantly return.

After reentering my body after an out-of-body experience, I would sometimes instantly slip right back into an altered state and effortlessly leave my body again. The problem with these consecutive projections is that it's difficult to retain the memory of every experience. New memories gained in the out-of-body state seem to replace older ones, and sometimes nearly an entire episode can be forgotten if it's the first in a series of projections. A general rule of thumb is to keep the experiences short in order to preserve a clear memory, especially as a new traveler. Keeping in mind the desire for accurate recollection while the experience is taking place is also very helpful. Techniques for improving OBE recall will be explained in later chapters.

I had read that in order to meet someone out of body, all you have to do is state the desire to be with that person and you will instantly be transported to them without having to know "where" that person is or how to get there. All you need to do is keep the person in mind and state your intention. This apparently works for finding people both alive and dead while out of body. The dimensions of reality that a person finds oneself inhabiting immediately after physical death are likewise accessible to the out-of-body explorer. The encounter with my deceased great-grandmother seemed to prove these concepts to be valid, as would future experiences as well.

January 3, 2001

Last night I had a very interesting and exciting lucid dream. I was dreaming that I was in a grocery store with some friends. We were goofing around, and in the spirit of our silliness I suddenly became inspired to flash my private parts to a crowd of shoppers. Needless to say, an older lady became very upset and ran away. She apparently called the cops, for within moments after she left the market, a police officer came running into the store at full speed in my direction! The immediate threat that this charging officer posed seemed to cause a burst of lucidity in my awareness, and in joy I screamed, "This is a dream!" With that thought, I took off flying at a tremendous speed.

I flew out of the market and shot down the street at a height of about 20 feet above the ground. I was in a rural area surrounded by large fields and small houses. I sensed that the officer was in hot pursuit, and although I didn't turn around to look for him, I saw a vision of him chasing me as I

focused on the road ahead of me. I noticed that I was beginning to lose altitude and felt myself becoming heavier. It became difficult to sustain flight and I came close to scraping the pavement. After a moment of intense concentration I rose up to my previous altitude. However, I soon found myself dropping once again, unable to maintain a decent height above the ground. I noticed that as I began to fall, my consciousness started to lose focus, and I realized that there was a direct correlation between the state of my awareness and my ability to fully control my flying. I immediately looked at my hands, which appeared solid and had a shimmering radiance, and I was instantly energized and lucid.

Regardless of how fast I flew, I couldn't shake off this policeman. Although I knew I was dreaming, I didn't think to change the situation, but rather remained immersed in this scenario. I made my way to a busy city full of large buildings and skyscrapers. Filled with a sudden urge to start swinging, I reached up towards the top of a building that was probably 500 feet tall. To my amazement, my arm stretched all the way to the top of the building! My fingers grew to what seemed like nearly 40 feet long, which was a very unusual sight. I grasped the roof and swung. I then reached for the next closest building, stretching my other arm long enough to grab hold of the top of it. In this way, I swung clear across the city from building to building. I was having such a fun time I forgot about my pursuer and soon lost conscious awareness.

I found myself fully immersed in the dream state once again. I found myself in a highly secure and dimly lit room, tied to a chair and surrounded by armed men wearing black uniforms. The police had captured me and these people were performing tests and experiments on me. They knew that I was special and possessed supernatural powers that they didn't understand, and so they were probing me in order to discover the nature and source of my abilities. As spontaneous as my initial burst of lucidity was back in the grocery store, I suddenly realized once again that I was in a dream. My surroundings became intensely vibrant as I realized the nature of my situation, and with an impulsive burst of willpower I outstretched my arms and exploded upwards, breaking free from my captors and flying through the ceiling!

I flew up into the sky at an astounding speed, and as I exited the planet's atmosphere, I seemed to shift into a void. I lost all sense of an external environment and was now floating in a weightless state of high

lucidity. I soon began to perceive small lights in the distance, and realized that I was rapidly approaching what looked like a galaxy full of stars and planets. I zoomed past an immense field of giant celestial bodies, passing through nebulas and clusters of light at great speeds. The enormity of these interstellar bodies and the comparatively infinitesimal size of my own self caused an indescribable feeling of awe and magnificence mixed with anxiety and uneasiness.

I approached a planet that looked just like Earth, except it was darker in color. There was a tremendously powerful energy radiating from this planet that became more apparent the closer I got to it. I somehow entered an orbit around the planet. As I began to pick up speed, I suddenly began twisting and turning in a haphazard manner. The intensity of the energy I was experiencing was increasing with my speed, and soon it became so unbearably uncomfortable that I was compelled to reenter my body.

A lucid dream is a dream in which the dreamer becomes aware that they are dreaming and can consciously influence and even control their experience. Lucid dreams are actually quite similar to traditional out-of-body experiences, although there are several perceived differences between lucid dreams and astral projection. One difference between the two is that there is usually no break in consciousness during the transition from physical reality to the out-of-body state during an astral projection, whereas in a lucid dream, a person generally falls asleep and then regains awareness while already immersed in a nonphysical environment, essentially "waking up" inside the dream. A more descriptive term for this type of lucid dream is "dream induced lucid dream," or DILD. However, there are variations of the lucid dream experience that can be attained directly from the waking state as well, which will be explored later.

There seems to be a range of different levels or qualities of consciousness attained during these differing variations of out-of-body travel which correlate with the type of experience had. This is something that becomes apparent after countless experiences and experiments in these varying modes of projection. The state and quality of one's consciousness directly effect the dimension and characteristics of the out-of-body experience or lucid dream. This has been made clear by countless instances in which the qualities of the out-of-body experience have been transformed in direct relation with an alteration in my state of consciousness. These

various states of consciousness are generally dependent upon the person's level of spiritual and energy body development, as well as their beliefs and intentions.

Most lucid dream environments appear to be projections of one's subconscious or higher mind into a subjectively experienced reality, as opposed to the consensus locales that exist within a more objective level of nonphysical reality such as the astral dimensions, although these too are apparently shaped by collective conscious and subconscious energies. Usually one's environment can be molded and manipulated with conscious thought and intention during lucid dreams, whereas this is generally not the case during astral projection, particularly in the lower dimensions. However, the subconscious mind can sometimes manifest in the more objective nonphysical environments experienced during astral projections depending on the projector's state of consciousness.

It seems that these different dimensions of nonphysical experience exist in a spectrum or gradient. The particular nonphysical reality experienced is generally directly determined by the available energy and mental state of the projector. It would seem that some experiences have elements of both lucid dreams and astral projection, which is likely due to the person's state of consciousness at the time. It's also common for one type of out-of-body experience to shift into another type. This could actually be due to an overlapping of memories of different levels of simultaneous experience, as apparently there are multiple levels of consciousness functional at the same time during OBEs. In other words, the person could be dreaming and having an out-of-body experience at the same time in different dimensions, thus causing a fusion of memories for that particular period of time. This will be discussed further along in the book.

With the ease of transition between the various out-of-body states and the inherent difficulty in distinguishing between the characteristics of these seemingly distinct types of experiences, I find myself coming closer to the conclusion that there is no significant difference between them. Astral projections and lucid dreams are equally valid ways of exploring other realities and accessing knowledge of one's true spiritual self and the nature of the multidimensional universe.

What is especially similar between the various forms of out-of-body experience is the higher levels of consciousness that are capable of being

attained compared with normal waking consciousness. The quality of conscious awareness and the magnitude and intensity of lucidity that can be achieved in both astral projections and lucid dreams can be far greater than what the average person experiences in physical reality, particularly in higher-level projections. On the other hand, lower-level experiences generally only allow for dim and limited levels of awareness, similar to that of a person who is intoxicated. Nevertheless, internal states of universal oneness and divine awareness, instantaneous psychic knowledge and superhuman abilities are all characteristic of these different modes of nonphysical exploration.

One interesting interpretation on the distinction between lucid dreams and out-of-body experiences is that lucid dreams retain the narrative that the subconscious mind projects into the dream experience. There is lucid awareness, but the storyline of the dream remains. By grounding one's awareness in the present moment, however, the lucid dreamer can shift into a higher state of consciousness, eliminating the projections of the subconscious mind and transforming the experience into an OBE. This concept is illustrated nicely in my lucid dream experience. I became fully lucid, and yet the police officer continued to chase me. The narrative of the dream continued even though I was fully aware of the situation. I was eventually able to shift into a higher state of consciousness, which is when I found myself in deep space. At that point, my subconscious mind was no longer projecting a story into my experience; I was simply exploring and experiencing the reality that I was in, just the way it was. Thus my experience could be considered a transition from a lucid dream into an out-of-body experience or astral projection.

Dreams in which I possess superhuman abilities have become commonplace for me. As a child I would occasionally have dreams in which I was able to fly or perform some other miraculous feat, and I would excitedly show off these abilities to anyone nearby. However, since I started developing my spiritual abilities through meditation and out-of-body travel, the occurrence of these extraordinary dream abilities has increased dramatically. The instances of becoming lucid in my dreams have likewise increased significantly since starting my meditation and out-of-body exploration practices.

My experience has alluded to the idea that the quality of one's dream state awareness is highly influenced by the most prevalent mental focus that

an individual carries with them throughout their daily life. A person that always has their head in the clouds as they go about their day and easily gets lost in the stories and ramblings of their mind will generally have a very unfocused, low-level state of awareness during their dream experiences. These dreams probably seem as disorganized as their mental habits are. An individual's most prevalent focus of concentration and preoccupation are most likely to manifest in their dreams. A person that regularly contemplates the nature of reality and their own being, engages in a daily meditation practice, consistently practices mindfulness throughout the day and develops their consciousness to heightened states of awareness will undoubtedly bring this higher state of consciousness with them into the dream state.

I believe that my daily meditation practice and my predominant focus on spiritual development is the cause of the heightening of my awareness in the dream state. It seems more and more as if I'm in tune with my true spiritual nature in dreams. Whereas in the past I would have to become fully lucid to recognize my spiritual and metaphysical abilities, I now seem to have this recognition firmly implanted into the base level of my dreaming consciousness. I'm not spiritually focused in every dream, but I have at least several dreams per week in which I'm operating in a higher state of awareness without any effort to do so. But even when I'm not conscious of the fact that I'm dreaming, I often still have an awareness of my ability to fly and do things I couldn't possibly do in the physical world. This seems to exhibit a deep recognition of my nonphysical nature in the dream state.

March 10, 2001

This morning I woke up after about 7 hours of sleep and decided to have an OBE. After entering a deep meditative state, I tried a new technique for inducing an out-of-body experience that I had recently read about. I imagined my entire body illuminating with a bright white light while saying to myself, "body asleep." I then envisioned this light turning off and my brain immediately lighting up, as if I flipped a switch, while saying, "mind awake." I switched between the body and brain illumination for several minutes.

I suddenly saw a vision of a park at the edge of an ocean. At first my view of this park was at ground level, but all of a sudden my perspective

changed and I was now hundreds of feet in the air, viewing the park from above. I began feeling a sensation of vertigo, as if I was actually that high. I started to fall, and to my amazement, the closer I came to the ground, the more I seemed to shift into this environment! My consciousness was now fully immersed in this dimension and I was overtaken by the joy and thrill of the sensation of falling. I began to spin, rotating around and around until I was about to crash into the ground. At the last moment I swooped up and flew away from the park.

I was flying through a neighborhood at about roof height, occasionally swooping down and flying in between people who were walking on the sidewalk, filled with the awe of being in this other reality with a lucidity that trumped that of my normal waking awareness. I soon recognized that I was on the street where I grew up, and to my surprise, I recognized some of the people walking down the street from a dream I had earlier that morning! As I soared down the street, I began swinging from electrical wires like I was Spiderman, thoroughly enjoying every moment of the experience. I looked at my hands to boost my awareness, and they looked solid and real. Lately my hands have taken on a translucent, energetic quality, and so the opaqueness and solidity of them was something new. The journey didn't last too long, however, and I was soon back in my bed.

This type of experience is known as a Wake Induced Lucid Dream, or WILD for short. A WILD is a variation of the standard lucid dream (DILD). A wake induced lucid dream involves the projection of one's consciousness into a mental construct or visualization directly from the waking state. This method requires the conscious or subconscious creation of a mental image or environment, and then allowing one's consciousness to shift completely into it. The nonphysical environment of a WILD is usually said to be a manifestation of the subconscious or higher mind, similar to dreams and lucid dreams, although it appears to be just as real as any other physical or nonphysical dimension. However, in my experience, it is not always the case that these dimensions are simply manifestations. It's very possible to directly enter objective nonphysical realities via this method. A good test to determine the nature of one's environment is to attempt to consciously alter it. If the elements of one's surroundings can be easily transformed via conscious thought and intention, then chances are it's a subjective, subconsciously created reality.

I noticed that my hands seemed much more solid and vibrant than they had previously appeared during my standard out-of-body experiences around that time. I would recognize this fact in many subsequent experiences as well. I eventually arrived at the conclusion that these different types of out-of-body experiences take place within somewhat different modes of consciousness, which explains the consistent differences in the appearance of my energy body, as well as other differentiating factors which I will explain in later chapters.

September 21, 2001

Tonight I listened to a track from The Monroe Institute's Gateway Experience Hemi-Sync series. After lying in a meditative state for about ten minutes, I became aware of a tingly energetic sensation on both sides of my head in the area of my temples. The energy gradually increased in strength until it started to become uncomfortable. Last time this happened, I sat up and rubbed my temples until the pressure was relieved. However, this time I decided to ride it out to see what would happen.

The energy accumulated with such pressure that it felt like my skull was going to burst open with energy. Suddenly, when I thought I could no longer take any more, the energy shot to the back of my skull and down through my spine with such speed and intensity that it felt like I physically lifted off of the bed! My back muscles convulsed as the energy passed through, causing my body to literally jolt up several inches. The intensity of the energy dissipated after the initial shock, and I was left with a mild rumbling of energy in the base of my spine.

I soon got the sense of floating in an infinite dark void. It was almost as if the dull blackness behind my eyelids took on a unique three-dimensional quality, and I seemed to shift into this vast, dark space. I was not sure where I was, as I couldn't see anything, but I no longer had awareness of lying in my bed. I was fully immersed in this new environment. I felt a sense of motion as if I was being transported somewhere, almost like I was being blown by a strong wind. Unfortunately, the Hemi-Sync track I was listening to was nearing an end, and the verbal instructions to shift back to normal waking awareness accompanied by a change in audio frequency effectively ended the experience.

Around this time, I began to experiment with Hemi-Sync technology. Also known as brainwave synchronization, Hemi-Sync is short for hemispheric synchronization, and is an extremely effective method for inducing altered states of consciousness. This technology was developed by out-of-body explorer and author Robert Monroe, who founded The Monroe Institute consciousness research organization in the early 1970s. Hemi-Sync is essentially audio frequencies that induce different brainwave frequencies when listened to through headphones. Different states of consciousness are associated with particular brainwave patterns, and so one can achieve specific states of consciousness, including deep altered states usually only brought about by intensive meditative practices, simply by listening to the specific Hemi-Sync frequency associated with the desired state of consciousness.

I had a routine of listening to Hemi-Sync every night before bed and at least a few times a week when I woke up early in the morning. During my nightly sessions I would often experience energetic sensations, deep altered states of consciousness, and sometimes visions of various people, places, events, and things of a more abstract nature. Many times during my nightly meditations I would perform energy work, which is the practice of consciously stimulating the energy body in various ways in order to eradicated energetic blocks and develop the energy body's capacity to receive, generate, and utilize energy more efficiently to promote spiritual development.

The practice of energy work requires a type of tactile awareness visualization, as opposed to the common visualization method of creating mental images. It involves moving one's point of awareness through the body, focusing on the feeling within the body at each location and moving this feeling in various ways. The movement of awareness stimulates the energy body in whatever particular part of the body one focuses on. Particular techniques for moving energy and developing the energy body will be provided in following chapters.

The human energy body consists of a complex system of energy centers and energy pathways that are intimately connected with the physical body. It's commonly held that there are seven major energy centers that are located along the spine between the tailbone and the top of the skull, and hundreds of minor centers located throughout the body. These energy

centers are called chakras, which is a Sanskrit word for wheel, as they are generally perceived as spiraling vortexes or wheels of energy.

One of the main purposes of these energy centers is to draw in and convert energy from higher nonphysical dimensions into a useable form of energy for our physical bodies. This energy is often called chi energy, or life force energy. The glands, organs, and other systems in the human body are said to be intimately connected with the chakras, and these chakras apparently each have corresponding mental, emotional, and spiritual functions and properties as well. Each major chakra is also associated with a particular color and vibrational frequency.

My morning meditation sessions didn't usually consist of much energy work, but would usually result in out-of-body experiences, as I was essentially using a variation of the early morning projection method (WBTB) that was incredibly effective. I would generally do a third eye affirmation meditation and focus on deepening my consciousness into a heavy trance. Gradually the time and effort that I needed to put into stating affirmations and focusing on my third eye decreased until all that was needed was a simple statement of intent before shifting into the proper altered state to leave my body.

Before learning about Hemi-Sync, I had never meditated with any goal other than to project from my body. With Hemi-Sync, I was now presented with the concept of meditating in order to experience various states of consciousness that could be achieved while still grounded within my physical body, rather than somewhere "outside" of my body. This turned out to be of great benefit in furthering my spiritual development and increasing the efficiency of my out-of-body practices.

February 19, 2002

This morning I used the Wake Back To Bed technique to leave my body. I floated up out of my body and drifted into the living room, where I saw my mom sitting on the couch watching television. I rushed over to her and excitedly showed her that I was out of my body. She didn't seem very impressed. I can't remember the exact details of our conversation, but we briefly talked about my nonphysical state and she seemed dismissive, as if it was nothing of significance. I quickly surveyed the apartment, finding that it appeared almost identical to the physical version. I then glanced at my hands and saw that I had scratches on my wrists, as if I had made a very

poor attempt to commit suicide. The scratches didn't look very deep, and weren't freshly cut either, but were scabbed over. Wanting to explore more, I flew outside through the wall.

Although it was about 11:30 a.m. in real time, it appeared to be nighttime in my nonphysical environment. The city was quite different from its physical counterpart. I flew towards some large buildings and entered one of them, passing through the side of the building and finding myself in a classroom full of students who all looked my age. I floated to the front of the classroom and began talking to the students as if I was a teacher, giving them a lecture about spiritual practices.

I departed from the classroom and flew down to ground level. I began soaring down the street at a very high speed, just a foot or two above the pavement, passing people who were walking by. I accidentally bumped into a few people and actually knocked them over! I was surprised that I was able to touch them, as I was expecting to have passed right through them like a ghost. I was amused to find myself passing by a comedian and actor who I was a big fan of, Sacha Baron Cohen. He was in costume as his infamous character Borat, goofing on a random person on the street like he is notoriously known for in his television show and movie. I felt deep joy from the humorous situation I was witnessing, and was laughing hysterically internally.

I soon felt like my energy levels were fading, and my vision and focus were starting to blur. I slowed down and entered an empty parking lot nearby. I remembered a technique for drawing in energy, which was intended to be used while lying in meditation, but it struck me to give it a try then and there. I focused on a point in the air about ten feet away that was at a 45-degree angle from my head, and began to draw energy into my nonphysical body from that location. It actually seemed to work! I could feel the energy entering my energy body and rejuvenating my consciousness. However, I soon found myself back my body.

I asked my mom if she recalled anything unusual that morning, but she didn't notice anything out of the ordinary. I wondered if it was really her that I had encountered, or if it was just a manifestation of my mind. After giving it some more thought, I realized that since the experience didn't take place in the physical world, it wouldn't be logical for her physically-oriented conscious mind to be aware of the encounter, if it was in fact a

genuine experience. Perhaps I had communicated with her subconscious mind, or a nonphysical aspect of her higher multidimensional consciousness. Future experiences would provide me the insight needed to truly understand the nature of encounters like this one.

Another interesting aspect of this experience was my encounter with my favorite comedic television personality. Logic and intuition tells me that he was not actually there in spirit form, but was actually a manifestation of my subconscious mind. This is corroborated by the fact that my lucidity was in a low state at that time. It's a fine example of how fluid reality can be in the out-of-body state if heightened awareness is not maintained.

It has long be theorized that the physical world is an interactive school, and the purpose of incarnating here is to learn unique lessons that are required for each individual to grow spiritually and evolve one's consciousness into higher states of wisdom and divine awareness. Apparently this learning does not cease when we go to sleep. Many people have reported reoccurring dreams of receiving teachings in a classroom setting, and it has also been revealed by out-of-body travelers that it's not uncommon for them to find themselves in a classroom environment engaged in the learning of advanced concepts and nonphysical abilities. The lessons learned in these nonphysical classes seem to usually be of a spiritual nature, according to the person's individual needs.

Out-of-body researchers have discovered that the students of these nonphysical classes are usually not consciously aware of their participation in them, but rather they are in dream state consciousness. It's also not uncommon to find dreamers roaming around in the out-of-body state, and although they sometimes appear to be moving about and engaging with their environment on their own accord, further inspection reveals that there is often little or no conscious awareness present within these individuals.

Of course, there are also a wide variety of personalities that I have encountered that seem to be consciously and purposefully involved in their out-of-body state. It's as if we live a second life in which aspects of our consciousness regularly participate in these nonphysical dimensions without our conscious knowledge, both during sleep and while awake. It appears that most of these nonphysical experiences are assimilated by the higher portions of our consciousness and are usually inaccessible to our normal conscious minds.

April 2, 2002

I remained in bed after waking this morning and meditated. After a short while I felt the sinking sensation that I often experience just before projecting from my body. I allowed the feeling to deepen and was soon engulfed with vibrations. I floated up towards the ceiling in total darkness, so I moved towards the center of the room to distance myself from my body and verbally demanded clarity. I shouted, "Clarity now!" Within moments, the room manifested in my perception and I flew through the wall in front of me.

I emerged from the house into my backyard. It was a bright and sunny day. As my room was on the second story, I was now floating about twenty feet above the ground. I immediately found myself in a state of awe as I witnessed an angel fly up in front of me from below, no less than a few feet away! I found it difficult to determine whether it was male or female, but the angel had short brown hair, was dressed in a flowing white gown, and had a shiny golden halo over its head. There was a majestic, divine radiance emanating from this being, and it actually appeared as if sparkles of energy and light were being generated by the angel's aura. It was truly a wondrous sight.

My attention was suddenly diverted by a strange noise coming from my right side that sounded like energy being generated by a futuristic machine. I looked over to see what was making this sound and was amazed at what I found. Floating in mid-air next to my house was a door. There seemed to be some kind of bright energy seeping out from the other side of this door. The door was slightly wobbly, not grounded into or attached to anything at all. I immediately understood that this door led to another dimension. Before I could satisfy my curiosity by opening it, however, I was sucked back into my body.

I immediately found myself in a state of vibrations and was easily able to slip out of my body again, this time rolling out to my left. I found myself floating in darkness once again, so I verbally demanded clarity. However, this time my requests went unfulfilled, so I used another technique for generating vision. I rapidly spun around in place in hopes that it would heighten my perception, but this too failed. Not sure what to do, I flew up through the roof into the sky.

I flew upwards at a high speed for about five seconds when suddenly I began to see. The further I flew, the more my vision improved, until I found

myself looking down at an amazing landscape of a surreal nature. The sky around me looked like a scene from a cartoon. It was filled with big, cartoonish clouds and bright colors that almost appeared to have been drawn with crayons and colored pencils. I flew down to a nearby field that had an equally cartoonish appearance. I approached an area of the field that was covered with large, abstract sculptures that I can't accurately describe with words other than strange and otherworldly.

As I continued my journey across the landscape I noticed a group of bushes and shrubbery that appeared to be artistically sculpted into a formation that I couldn't clearly distinguish from the angle I was approaching from. I increased my height and flew directly overhead, and realized that these bushes spelled out "David's Dream." I was immediately struck with the thought that perhaps I was navigating through another persons dream! I continued to explore this strange environment, but wasn't able to maintain awareness. My lucidity faded and I spent the rest of the experience in the dream state.

I discovered that there was a correlation between the unusual cartoonish nature of the dimension I found myself in and my act of spinning. In my research I had come across the idea that quickly spinning around in place is an effective method for heightening awareness while out of body. However, it seemed to have another effect that I have since confirmed to be true. Spinning around in place not only raises one's vibrational level and awareness, but it also has the tendency to translocate the individual to a higher dimension corresponding to their new heightened energetic state. Spinning had apparently caused me to shift into this surreal dimension. There also seemed to be a direct correlation with the manifestation of my visual perception and the distance traveled from my physical body's location, which will be investigated in greater depth later.

The idea that I may have projected into a guy named David's dream is interesting, to say the least. I believe it's possible for individuals to experience a shared dream reality, and this concept has actually been tested and confirmed by experiments conducted by practiced lucid dreamers in which multiple people met in the lucid dream state and shared an experience that was afterwards separately described in accurate detail by most or all parties involved. This goes a long way to demonstrating the

reality of nonphysical dimensions and the experiences had within them, despite their innate subjective nature.

It's even theorized by some researchers and explorers that dreams may actually occur in the same system of nonphysical dimensions where most out-of-body experiences take place. It's clear that the out-of-body environment can be very thought-responsive, particularly during higher-level experiences. If the individual allows his awareness to weaken, the subconscious mind begins to step in and manifest its contents into the out-of-body environment, as is commonly witnessed during reality fluctuations. If the projector is not mindful, the environment will soon be overcome by subconscious manifestations to the extent of the weakness of the person's conscious awareness. In the normal dream state, the subconscious mind is totally unhindered in its creative potential, and so the experience consists almost entirely of subconscious thought projections. During dreams, the underlying reality that is experienced in the conscious out-of-body state may in fact be hidden beneath the projections and illusions of the subconscious mind. This concept is supported by the seamless interchangeability of the dream, lucid dream and out-of-body states.

CHAPTER THREE
Integration and Higher Dimensions

May 25, 2002

This morning I woke up after a full night's rest and remained motionless in bed, wanting to meditate for a little while. I began feeling gentle vibrations and started to float out of my body without really even intending to. I had a clear view of the room around me, but when I flew through my ceiling, I found that I was no longer able to see anything. Surrounded by blackness, I began to spin around rapidly in an attempt to translocate. When I stopped, I noticed a dim light in the far distance. I quickly flew to the light, and when I reached it, I seemed to shift into another dimension. I was suddenly in a dimly lit environment face to face with a large, dark blob. It seemed to be a mass of energy, and I intuitively knew that it was a conscious being. It looked almost like a giant amoeba. I got a feeling that this wasn't a very advanced form of consciousness, and it certainly didn't radiate with a positive energy. It almost appeared to be parasitic. I decided to leave and found myself back in my body.

I wanted to explore some more, so I reentered the state of gentle vibrations and floated back out of my body. However, I couldn't see a thing and my energy felt low, so I tried something new. I went back into my body and envisioned a sphere of energy radiating with light above my head and another sphere below my feet. I began to draw energy from these spheres until I was buzzing powerfully with vibrations from head to toe. I lifted out of my body and decided to visit one of my good friends.

I focused on my friend's unique energy signature, that is, how it feels to be in his presence. I suddenly began moving at an extremely high speed. It was like I was warping through dimensions, although I had no vision during the shift. All of a sudden I stopped moving, and as I gained vision, I found myself in a classroom. The first person I saw in this class was my friend who I had intended to visit! He was sitting at a desk among many other students who were also seated and focused on the teacher at the front of the room.

I had a feeling that my presence was unnoticed, as if they were in a physical classroom and I was out of my body observing them. I was hit with the urge to stir things up a bit, so I grabbed an empty desk and threw it across the room. The entire class was startled and looked at the desk in shock! Wanting my friend to know I was there, I took a pencil from his desk and wrote, "It's Vince" on the paper in front of him. The next thing I knew I was back in my body.

Upon analyzing this trip to my friend's class, I realized that during the experience I was under the false impression that he was physically in class and I had projected to his location in the real world. However, at that time we were on a short break from school and there was no class. I then thought that perhaps he was actually attending a nonphysical class and I had contacted him while he was dreaming. The fact that I was able to interact with the environment suggested that I was fully immersed in that dimension, and I was probably even visible to the people in the class. In retrospect, I realized my actions were silly, as I should have directly communicated with my friend rather than putting on that disruptive show and writing on his paper. But this was early in my travels and I had much to learn. My friend had no recollection of being visited by me, although he had indeed been sleeping at the time of the encounter, so it's quite possible that it was a genuine encounter on some level.

An interesting fact is that I never seem to project to the same place. This is apparent even during back-to-back projections. Even if I initially find myself in my room, there is always a different environment waiting for me outside of my walls. I have learned that it's a matter of one's own energetic state that determines what dimension the person will project into, and this energetic state is influenced by the spiritual and energy body development of the individual. Another influencing factor is the particular state of vibrations that is attained immediately before separating from the body, as this corresponds with one's attunement to nonphysical reality. If the individual's vibrational state is weak before separating from the body, or if the separation is attempted hastily, this may result in a lower-level projection. This experience taught me that it's possible to increase the rate of vibrations in the pre-separation state to affect the dimension and state of consciousness experienced after separation.

In this pre-separation state, one's consciousness shifts from the frequency of the physical dimension to a higher, nonphysical energetic resonance. One's internal energetic frequency is actually part of a larger system of energy of the same vibration, which manifests in the person's perceptions as the particular nonphysical reality that one experiences while out of body. One's internal vibrational state corresponds directly to the energetic frequency of the particular nonphysical dimension that the projector finds themselves in, and so consciously raising one's own energy levels in the pre-separation state allows the projector to experience a correspondingly higher plane of nonphysical reality.

November 7, 2002

This morning I randomly became lucid during a dream. Instead of exploring the nonphysical reality I was currently in, however, I decided to go back to my body and have a traditional out-of-body experience. I thought of my body lying in bed with the intention of returning to it and projecting. I immediately found myself back in my body in the vibrational state! This led to a series of OBEs, although I only have a clear memory of the last experience in the series.

After returning from the second projection, I was in my body, but seemed to be fairly loose. I felt gentle energetic vibrations all over, but was unable to float out or roll over. I decided to ask for help, and called out for a guide to assist me out of my body. I soon shifted into a deep altered state and felt my nonphysical arms detach from my body. I reached them up and almost immediately felt a small hand grab mine, pulling me right out of my body!

I found myself standing on the beach in my city with a young boy, the one who had pulled me from my body. He seemed to be about ten years old. I instantly recognized this boy as being someone very close and special to me, and gave him a big hug, expressing the joy that I felt inside. We began communicating, and I learned that this boy was actually me! My intuition told me that when I was the age of this boy, something happened within me that caused the fragmentation and separation of an aspect of my self that this boy represented.

After talking with the boy, he presented me with a large box. I opened it and looked inside. Within this box were some objects that I instantly understood were representations of the part of my self that had been

separated and lost. I was flooded with an intuitive knowledge of the situation and realized that I had to examine everything in this box in order to reintegrate with this lost aspect of my self. As I was looking at some books that were in this box, I noticed that there was now another young boy with us.

This second boy began talking to me. He told me that he was worried about what would happen to him if I were to reunite with the first boy. He was afraid that either he would no longer exist, or I would no longer be able to be with him if this reintegration were to occur. I was not sure exactly who this second boy was, but I felt like he was important to me in a way similar to the first boy. I hugged him and assured him that there was nothing to worry about, but that this was for the best and we would always be together. The bond that we shared was strong and real. It was like a deep unconditional love that parents have for their children.

I then looked into the box, and to my surprise, all of the items that were once inside it were gone! At that moment I had a realization that whatever had needed to be done had been accomplished. This was not a guess or an assumption, but a true knowing that was revealed to me. With a feeling of ecstatic joy and deep appreciation for the experience that I had just undergone, I discovered that the boys were now gone, and I peacefully shifted back to my body.

It seemed like throughout this experience I was receiving information from a higher source, like a higher aspect of my consciousness. There was a feeling of pure knowing that accompanied this information unlike any degree of certainty that I have ever experienced physically. It was like being directly connected with the source of truth and knowledge. The overpowering feeling of joy and the divine knowing that I experienced were unprecedented and signified a hallmark in my early spiritual development. I knew deep inside that I had just undergone a life-changing experience.

After giving deep thought to what had happened, I came to the conclusion that the second boy was most likely a representation of who I had become after the aspect of myself that the first boy represented had separated from my total being. If I reunited with the part of myself that I had lost, then my old incomplete self would no longer exist as it once was, for I would become whole again. I believe this was the source of the fear expressed by the second boy. Instead, both aspects of myself, the part that

had separated (the first boy) and the rest of me that remained (the second boy), merged into their one true self. Interestingly, I experienced a positive change in my mood and attitude immediately following this event. It felt as if a burden had been removed from within myself. My heart was lighter and I was more eager than ever before to continue my explorations out of my body.

January 28, 2003

This morning I easily detached from my body after a brief and very subtle vibrational stage, and flew through the roof and out into the sky. Lately my pre-separation vibrations have become far less intense. It was a bright and sunny day, and I was in an unfamiliar neighborhood. Desiring to meet with a guide, I yelled, "I want a guide!" I looked down and saw a person walking on the sidewalk below, so I flew down to investigate. It was an older woman. With an uncontrollable urge I suddenly latched on to her, wrapping my arms and legs around her body. This was not my conscious intention, but seemed to be an instinctual action driven by my unconscious mind. It seemed as if I was trying to merge my own energy with hers, and as I squeezed her, I experienced an immense build up of energy within me, particularly in my lower torso.

I soon relinquished my grasp and floated next to the lady as she walked. We began talking, and I found that she was a very nice and wise individual. I don't remember most of the details of the conversation, but I do recall one part of it. She seemed to have taught me a lesson related to my initial impulsive behavior. Although the exact words escape my memory, I understood that she was imparting truth to me as she spoke. After our encounter I flew off and soon reentered my body.

I floated right back out of my body and flew up into the sky. I was now hovering over a beautiful country house on a large plot of farmland next to a forest. There was a group of people outside barbecuing right below me. After surveying the area and not being very interested in exploring this place, I started to spin around as fast as I could, just to see where it would take me.

When I stopped spinning I was surrounded by darkness. Suddenly, a white light flashed down into my vision from above, and a moment after I was able to see. I appeared to be looking at some kind of landscape colored entirely of reds and oranges, and it actually seemed like it was painted. The

environment was fluid, and ran downwards like wet paint dripping down a wall. There were several unusual figures in the foreground that reminded me of sculptures. The most prominent one was tall, pointy and green. I couldn't make much sense out of anything that I was seeing, but the visual experience was both amazing and somewhat disturbing. I soon found myself back in my body.

My interaction with the lady was an indicator that I may have had some unconscious attachment issues that needed to be dealt with. At the time of this experience I was feeling particularly lonely and unfulfilled, but the eventual resolution of these issues in my life put and end to the manifestation of these primal impulses in my out-of-body travels. One thing I have learned is that who we truly are on the inside is immediately made apparent in the out-of-body state. There is no longer a physical barrier to hide behind, so one's true nature is exposed for all to see. One's nonphysical perceptions, intentions, and experiences are highly influenced by the person's predominant mental and emotional state as a natural mechanism of nonphysical reality, even if these states are hidden or ignored in one's daily life. There is no hiding from who you truly are while out of body.

April 10, 2003

This morning I woke up after a full night of sleep and listened to a Hemi-Sync track. After about ten minutes, I shifted into a nonphysical state and drifted up from my bed. Once again I bypassed the intense vibrations that used to be a preliminary projection symptom. I flew out of my house and up into the sky. It was nighttime and my environment was very different from my physical location.

I found myself in a neighborhood surrounded by mountains. I flew about a mile across the town and entered a house that I seemed to be drawn to for some unknown reason. I flew through a large sliding glass door, and decided to boost my lucidity by doing a reality check. I looked at my hands and then rubbed them all over my face. It felt more real than touching my face in physical reality! My awareness instantly skyrocketed.

Now inside the house, I suddenly became aware of someone or something inside the house with me. I turned around and was shocked to

see an alien being standing by the door! It was humanoid in form but had an insect-like head. I get a very strange feeling when trying to recall this part of the experience, as if I'm not supposed to remember. There seems to be some kind of memory block in my mind, as if something or someone had intentionally blurred and perhaps even tried to erase this part of the experience from my mind. I know something happened in the house with this entity, although I don't know what. I can feel it deep inside.

With the return of my memory, I began realizing that things were becoming too real. My consciousness had reached such a heightened state of awareness that this dimension now seemed to be my base level of reality and my physical life seemed like an illusion! I became extremely worried that I was going to be permanently stuck in this reality, and with that thought I jumped through the sliding glass door and flew out into the night sky. I didn't recognize any of the houses, but I seemed to know where I was going, as if subconsciously attracted to my destination.

I reached a house that was unlike any architecture I had ever seen. It was very abstract and words can't properly describe it, but in a way it appeared to be a fusion of large rocks and modern construction. Somehow I knew that it was my home. There was an unusual and mysterious cave-like structure leading from outside of the house directly into my room. I was amazed to find a sign that said "Afterlife Knowledge" pointing towards my room outside of the entrance. I saw my body lying in bed and reentered it.

I remained in bed in an altered state and easily slipped out of my body once again. However, I immediately realized that if I had a second OBE, I would be more likely to forget the experience I just had. With that thought I quickly went back into my body and added a new entry into my journal.

Around this time I began noticing that the intense vibrations that I used to experience during separation from my body were gradually diminishing as I progressed in my practice. They had evolved into nothing more than a gentle buzzing sensation that would sweep over me as I would shift from the physical dimension. The weakening and cessation of the strong vibrations that are initially commonplace in OBEs is a phenomenon noted by many other experienced practitioners as well. I believe that the heavy vibrations are a result of experiencing a denser form of the energy body. As an individual develops and attunes their energies to higher levels through spiritual practice, one's consciousness is able to experience higher and finer

manifestations of their deeper spiritual being. These finer energies are subtler and less apparent than the heavier energies that are common to the novice projector. What was once a trip through the electric chair was now a smooth transition into spiritual realities.

The sign that was right outside of my room was especially significant to me. Afterlife Knowledge is the name of a website that I used to visit daily. I kept an online OBE journal on the website's forum and would spend a great deal of time engaged in discussions regarding a plethora of topics relating to spirituality and the afterlife. Sure enough, when I passed by the sign and went back into my body, the first thing I did was log onto the website and write my experience on the forum. But the sign seemed to allude to my room being an afterlife knowledge lair. I suppose that in a way, it was.

November 1, 2003

Last night I listened to Hemi-Sync before bed. I eventually fell asleep, but awoke after a few hours with the Hemi-Sync still playing. I began to drift back off to sleep. The next thing I knew, I was being launched from my body like a cannon ball! I was flying with a force unlike anything I had ever experienced, completely swept away by a feeling of divine love and joy more intense than anything I could have possibly imagined. This uncontrollable bliss permeated the very core of my being, and expanded outwards into infinity, comprising the entire universe around me. My consciousness was in an unprecedented heightened state in which I was consciously aware of my true divine nature. I was in a state of remembrance of who I was as a spiritual being outside of the illusion of my physical life. I experienced my soul as an aspect of God, as I could unquestionably feel the infinite divine energy of God within me and knew myself to be made of this energy. In this state of realization I also knew that the entire universe was made of this same divine energy, and I experienced what it was like to be one with all of creation.

The environment was unlike anything I had ever witnessed. It was a sea of multicolored energy unlike anything of comparison in the physical world. There were beautiful large blue bubbles of energy floating everywhere. There was a heavenly music more beautiful than words can express that permeated the entire dimension. As I passed through this field of bubbles, I became so ecstatic that I began doing back flips as an

expression of my elation. The energy of infinite joy, unconditional love, and divine bliss that was within me was no longer bearable, and I burst open in a way that is impossible to describe. My feelings instantly manifested into words that were spelled out in large, three-dimensional letters that seemed to explode out from inside of me. My senses took on a multidimensional quality that allowed me to perceive the environment in a unique and extraordinary way. Not only could I see the colors, but I could also hear them. I didn't just hear the music, but I could actually see it. And most prevalent of all was my ability to feel the divinity within every sense perception. I undeniably knew that everything I was perceiving was a manifestation of God, and so was I.

After the reality of what I was experiencing had sunk in a little more, I began to realize that this dimension of reality and the divine state of consciousness that I was in were actually familiar to me. This was not my first time in this heavenly realm. The wonder and awe that had initially overwhelmed me faded, and it occurred to me that although it was such an amazing experience to be there, it would eventually get rather boring because there was no change. It was just constant bliss and oneness with God. I began to remember being there before and experiencing the longing for something new. I intuitively felt that this was the very reason I had chosen to participate in a physical reality experience on Earth. I knew that even if I forgot the true nature of who I was and the greater reality that I was a part of, this heavenly dimension and the state of divine oneness that I was experiencing would always be there waiting for me. I realized that this was my true home, and my physical life was a dream that I would eventually awaken from.

I made my way to an area of tunnels that appeared to be abstract energetic structures that are hard to describe. As I was traveling through these tunnels, I was telepathically communicating with a consciousness that was much greater than my own, and yet I knew that this higher consciousness was a part of my own self. It seemed to be guiding me, instructing me, and imparting knowledge to me. It was all encompassing and all knowing, and I had direct access to it.

I exited the tunnel into a large pod area that seemed to have some type of advanced technology within it. I was told by my higher consciousness that this place could be used to observe the degree that people have been spiritually corrupted during their physical life. There was a projection

screen that displayed a visual representation of the information that was being telepathically imparted to me. The screen first showed the Earth rotating. Then it zoomed in and extracted a person to analyze, bringing their image onto the screen, along with some type of written data regarding that person. It looked like a futuristic computer program. I was shown images of my friends and family members, and observed the ways in which their spiritual integrity had been compromised during their life on Earth. It was a very fascinating and enlightening experience.

More happened during this experience that I can't remember. I'm only left with intangible feelings that I experienced during the remainder of this wonderful journey that have carried over into my conscious memory. There are no visual, auditory, or conceptual details associated with these feelings, just raw inner experience. I woke up literally buzzing from the love and excitement I was still feeling. It felt like my energy had been raised to a higher level during this experience and I had brought it back into my body.

This was my first conscious experience in a higher dimension. There were several characteristics that distinguished this level of reality from the realms I was used to exploring out of body. Among these included an experience of true oneness with God and the universe, an abstract and multidimensional environment and sense perceptions, beautiful heavenly music that manifested into various visual forms, conscious communion with my Higher Self, access to higher knowledge, a remembrance of my true divine spiritual nature, and an inner state of overwhelming bliss, joy, and love.

The higher consciousness that I was linked with during this experience is what is commonly known as the Higher Self. The Higher Self is the totality of one's deepest spiritual being. A person's physical consciousness is just a small aspect of a much larger framework of consciousness that extends into the farthest reaches and deepest source of spiritual reality. The Higher Self is an individual's fully realized spiritual self. Humans are simply probes, extensions of a greater consciousness, sent out by the Higher Self to experience physical reality. The totality of who and what we actually are as spiritual entities is far too vast to be entirely contained in a physical vessel. Our present consciousness is just a tiny portion of our true spiritual self. All of this was made clear to me during this experience.

We are multidimensional beings of consciousness simultaneously existing in a multitude of dimensions but having a temporarily limited focus of awareness in the physical realm due to the nature, mechanics and purpose of this corporeal existence. Total conscious submersion in the physical dimension and a temporary disconnect from our higher spiritual being allows for the maximization of the potential for learning and experience during this life. If we were walking around with total spiritual knowledge and insight, there would be very few challenges in this life and little to learn. Instead, we have purposefully forgotten who we are so that we may experience the joy and enlightenment of self-discovery, and better learn to know ourselves as divine consciousness through a potentially infinite variety of experiences that are entirely unique to the physical system of reality.

There is an entire structure of nonphysical dimensions that has been mapped out by past mystics, masters, and out-of-body explorers going back to ancient times. There are numerous variations of this system due to the fluid and enigmatic nature of these dimensions and the subjectivity of individual perception generated within them. The location of one particular realm in relation to another is not a matter of its position in space as it is here in the physical world. Rather, location is an attribute of the energetic vibration of the dimension itself, and this applies to the individuals that inhabit these dimensions as well. The proximity of nonphysical realms is determined by the similarity in their frequency, just as the dimensional distance of nonphysical locales is a result of a disparity in energy.

Nonphysical environments apparently result from a combination of a projection of the internal state of consciousness of the inhabitants and the fundamental nature of the dimension's core energy. Traversing these dimensions is not achieved by linearly going from point A to point B, but rather by shifting one's internal energetic state from one rate of vibration to another, thereby attuning one's consciousness to a new nonphysical environment that correlates with one's internal vibratory state.

This may hint at the inherent difficulty in objectively and accurately mapping an infinite and multidimensional nonphysical universe. However, there are unique characteristics of each particular dimensional system that can usually aid in identifying any given nonphysical locale. The dimensions vibrationally closest to the physical world are generally labeled the "astral dimensions." Many simply refer to them as "the astral dimension" in the

singular form, but the astral actually consists of a spectrum of various nonphysical dimensions, so I find it more fitting to refer to it in the plural form. The astral is essentially an energetic system of consensus spiritual reality. Various mystics, astral explorers, and esoteric teachings maintain that the astral consists of seven separate levels or planes, each one consisting of a spectrum of sub-dimensions that range from lower vibratory realms of a negative and undesirable nature to higher vibratory spiritual realms of a positive and heavenly nature. These astral planes are said to be comprised of energetic manifestations of the thoughts, emotions, and perceptions of all conscious beings in our system of reality.

The subconscious mind has strong creative ability in the astral, thus allowing thoughts and desires to manifest into reality. This is particularly more apparent in the higher astral dimensions, whereas conscious manifestation is more restricted in the lower levels of the astral. It has been found that the astral dimensions are populated by deceased spirits, angelic beings, demons, and various other nonphysical entities, not to mention the countless visitors coming from the physical dimension in the out-of-body state. Although most people aren't aware of their astral travels, apparently everyone projects from their body every night, whether they are aware of the fact or not, as a natural mechanism of sleep.

I personally have never visited the same exact nonphysical location twice that I have been able to distinguish, so I can't comment on the objective nature of the astral dimension. However, apparently other explorers have acquired evidence which indicates that the astral is more or less a consensus nonphysical reality, although the variable and fluid nature of individual perceptions will always apply. This can be thought of as perceiving the same energetic structure from different perspectives or reference points. It has been found that most consensus nonphysical environments are the creations of the inhabitants of those particular realms.

The lower vibratory levels seem to be created from the subconscious attachments, fears, negative emotions and delusions of the inhabitants, whereas the higher vibratory environments are apparently the result of the manifestation of the creative energies of the inhabitants, as well as the expression and projection of their pure, wholesome, and spiritually-evolved mental states, thoughts and emotions. There is a strong correlation between purity of mind and the ability to creatively manifest and express oneself in

nonphysical reality. Creative potential is significantly diminished when the mind is clouded with negative and harmful thoughts and emotions.

Some researchers and explorers believe that dreams and lucid dreams may actually take place in the astral dimension, as it's said that the very energetic substance of the astral environment acts like a mental mirror, reflecting and manifesting the contents of the conscious and subconscious mind into a tangible reality. However, there is another theory that dreams and lucid dreams actually occur in a mental dimension of reality which resonates at a higher frequency than the astral planes.

According to this line of thought, these dream experiences take place within the mental body, which is a more refined energy body of a higher vibration than the astral body. This view mirrors my experience and seems logical, as it explains the differences in the nature of the lucid dreaming experience compared to astral projection. However, other explorers have found that the mental body is not just confined to the mental dimension, but is capable of experiencing the astral dimensions as well, so it could be possible that dreams and lucid dreams are actually astral experiences from a mental body reference point.

There is a type of intermediary dimension between the physical dimension and the astral planes that is referred to by some as the "real-time zone." The real-time zone appears to be a nearly exact nonphysical energetic copy of the physical world. This is usually where most new out-of-body travelers initially find themselves exploring, most likely due to a limited internal vibrational state and thus an inability to access realms of a higher frequency. As an individual gains more experience in the energy body and develops spiritually, their internal energetic frequency gradually evolves to states of higher resonance in which dimensions of a corresponding higher vibration become available to be consciously explored.

The dimensions above the astral planes are of a more abstract nature. As one travels farther from the physical dimension, it becomes increasingly difficult for the mind to accurately interpret the true nature of one's experience in a way that is comprehensible within the realm of physical concepts. The conscious mind must use past experiences to make sense of and assign meaning to any given perception or event, and as physical beings, this data bank of experience from which the mind draws upon is generally related to the material world. But these higher dimensions are

absolutely nothing like physical reality, so the subconscious mind must interpret these otherwise unrelatable and abstract experiences using familiar concepts and perceptions from physical reality. What is remembered from these higher-level projections generally does not do justice to the reality of what actually occurred. This fact is made apparent during such experiences. What is perceived while out of body is actually a conversion of nonphysical energy into a tangible projection by the higher mind.

The next higher dimension above the astral is commonly known as the mental plane. This is a beautiful and yet nearly incomprehensible dimension that pulses with heavenly sounds and awe-inspiring spectrums of light far beyond the range experienced in the physical or astral dimensions. Thoughts and creativity manifest as abstract multidimensional perceptions of light, sound, and symbolism, and the environment can be likened to a mental landscape of unimaginable wonders. This dimension is outside of the realm of normal rationalization and understanding. Many elements of my higher-level projection that occurred on November 1, 2003 fit this description almost perfectly.

There is also an area of consciousness known as the Akashic Records, which is commonly believed to be part of the astral dimension, although some say it exists in a higher plane. This realm can be likened to a storehouse of everything that has ever occurred in this system of reality. It's said that past lives, parallel lives, and probable future realities can also be accessed in this dimension. It has been reported that the Akashic Records is often perceived as an immense library, and there is sometimes an advanced, higher-level being present to help guide and navigate through the records via a telepathic filtering process which allows one to experience any imaginable event as if they were actually living it.

The dimensions above the mental plane become increasingly difficult to describe using physical concepts, and likewise increasingly difficult to consciously experience and remember. Rising through the dimension spectrum requires raising one's internal frequency to states closer to the true vibration of God, the divine source of all that is, the core energy of everything that exists in creation. As one gets vibrationally closer to this divine state of existence, one's own consciousness becomes more finely tuned to the energy of God within oneself, and the illusions of the ego are increasingly stripped away as the realization of one's divine nature is attained.

CHAPTER FOUR
Strange Phenomena

December 18, 2003

This morning I listened to Hemi-Sync after about 6 hours of sleep. I soon lost almost all bodily awareness, and suddenly had a vision of a particular street in my neighborhood. I began to mentally travel down the street, and within seconds my consciousness had totally shifted into this reality! I was now fully out of body, flying down the street that had previously been just a vision in my head. I was moving at a very high speed, probably 70 miles an hour, which seemed pretty fast on a 25 mph road. I wasn't very far above the ground, probably just a few inches above the pavement. Occasionally my legs would scrape against the ground and would actually go through the asphalt, which produced an interesting sensation of dense energy dragging through my nonphysical legs.

The next thing I knew, I was floating in a dark void that seemed to be infinite in scope. I then experienced a deepening of my state of consciousness, and suddenly I transformed into a complex three-dimensional geometric shape, spinning around in every direction while changing from one intricate structure to another! I was expanding, contracting, and transforming with what seemed like an innate intelligence. All the while I felt a deep internal sinking sensation as if I was moving deeper within myself. I was experiencing this event firsthand, and yet there was an aspect of my consciousness that was viewing what was happening from an outside perspective as well, as if I had dual awareness.

All of a sudden I found myself in a grocery market. I seemed to be a point of pure awareness with no perception of a body. My attention was drawn to a beautiful blonde woman and a male midget who appeared to be a couple. They were walking around with a shopping cart picking out groceries. I was simply observing the scene, and they seemed to have no idea I was there. I followed them into a clothing store that was inside the market. Flying off to take a look around the store, my attention was soon caught by a section of shirts with the word "astral" printed on them in big,

bold letters. I was intrigued by this clothing brand, and thought to myself that I would probably purchase some of these shirts if they were real.

I was soon back in my body, but I immediately slipped into a deep trance and floated up towards the ceiling. I was about to pass through the roof when I began to be pulled back down towards my body. Taking a better look around the room, it appeared dark and gloomy, and had a creepy vibe to it. Suddenly, the room began to elongate and I started to be pulled backwards towards the back of the room. The walls and ceiling were covered in posters that I had never seen before, which were stretching with the room. I couldn't see what was behind me or what force I was being pulled by. I suddenly felt a sharp, deep pain in my left shoulder, as if I had just been pinched by a large claw! I instantly recognized the presence of a negative entity directly behind me, and with that realization I quickly reentered my body. Awake in my bed, I felt an uncomfortable buzzing sensation in my left shoulder that lingered for a couple of minutes before finally dissipating.

This was my first time encountering a negative entity while out of body. The pain I felt when it touched me was real and intense, and I even felt the after effects of it when I was back in my body. This entity had undoubtedly come into contact with my energy body with malevolent intent. I had often read that you can't be hurt in the out-of-body state, but I now had firsthand experience that proved otherwise. Although there was no physical injury, it was certainly painful.

My experience of becoming a transforming geometric shape was also a first. It seems as if I had entered an abstract state of consciousness, and my perceptions were a representation of the nonphysical energies that I had shifted into. The shapes appeared to be sacred geometry patterns, which are configurations of particular geometric and mathematic ratios that are said to represent the fundamental energies of the universe and creation. Sacred geometry is said to be the core architecture of the manifest universe. Perhaps I had experienced a deep, fundamental level of my being that my consciousness translated into this visual and experiential representation.

Another point of interest of this particular series of experiences was when I encountered the "astral" clothing brand in the market. I believe this was an indicator that I was in the astral dimension. Perhaps my subconscious mind created this logo on the shirts as a representation of the

energies of that particular place, like a sign telling me that I was in the astral.

March 21, 2004

Last night I fell asleep listening to the Gateway Experience Hemi-Sync. I became lucid during a dream and instantly decided to project to another dimension. With that thought, I suddenly shifted from the dream into an area of complete blackness. I had no body, but was simply pure awareness. In front of me appeared a bright and colorful geometric pattern of energy that was in a constant state of transformation, morphing into various shapes of amazing intricacy.

I then shifted into an environment that I immediately noticed was quite similar to my physical neighborhood. Floating in front of my house, I looked around and took note of my immediate surroundings. It was a bright and sunny day, and there was an all-encompassing radiance of beauty that everything seemed to glisten with. Although there were many similarities between this dimension and its physical counterpart, there was one striking difference. My house was actually a fire station!

There was a group of firefighters chatting and joking around in front of the fire station. I flew across the street towards a large grass field. I looked at my hands for a lucidity check, and after a few moments of appearing solid, they disintegrated right before my eyes! My best description of this disintegration would be something between melting and quickly burning away. The disintegration started at the tips of my fingers and stopped at my elbows. It was a very strange experience, and a bit disturbing. I looked up momentarily and could still feel my arms and hands, so I quickly looked back at the area where I felt my hands to be. To my surprise, they were there again, as if they had never disintegrated in the first place!

I continued over to the field and passed by a man standing next to a fire hydrant on the corner of the street. Making my way to the far edge of the field, I approached a large guy that was pushing some kind of wheeled machine through the grass in my direction. As we neared each other, I realized that this wasn't a human. It had the body of a large, extremely muscular man, but it had the head of a bull! This minotaur must have been about 8 feet tall and 400 pounds, in physical standards. Fully equipped with two large horns on the top of its head, this was not the kind of beast you wanted to mess with. The machine it was pushing looked like some kind of

futuristic lawn mower, and I got the feeling that the beast was doing some kind of yard work. This creature didn't acknowledge my presence, but simply continued pushing his machine right past me.

I began to spin around in an attempt to shift dimensions. When I stopped spinning I looked around to see if anything had changed. The first thing I noticed was that the sky was now darker and cloudier than it was before. I also noticed that the top of the fire hydrant had been broken off where the man was standing on the corner, and water was flowing out of it. I flew over to the man next to the hydrant and he immediately began talking to me. He started explaining something to me in an attempt to teach me how to do something. I clearly recall him saying, "I'm trying to teach you…" But I don't remember exactly what the rest of his message was, although I believe it had something to do with the work the beast was doing in the field. Whatever he was saying, I was rather uninterested.

I flew over to the fire station, where things were now very different from before my spin maneuver. Instead of firefighters, there was now a group of postal workers hanging out in front of the building. I soon realized that it was actually the same group of men that had previously been firefighters, but they were now dressed in mailman uniforms. They appeared to be poorly groomed and were all drinking beer. These men lacked the spark of life and confidence that the firefighter versions of themselves had displayed earlier. Suddenly, a group of uniformed military men approached the postal workers. The military officers started giving them a hard time, making fun of them and roughing them around. The experience soon ended.

This was my first time witnessing my hands melting in the out-of-body state. I believe this occurred because I had looked at them for an extended period of time, whereas my past observations of my hands had only been brief glances. This is a fairly common experience among out-of-body travelers. The most common explanation for this phenomenon is that the human-shaped nonphysical body is actually a creation of the subconscious mind, and in reality does not exist as a solid form. It seems the nonphysical body is projected into temporary form because the conscious mind is accustomed to inhabiting a body, and so the creative subconscious fulfills this expectation by manifesting the illusion of having one. A subconscious conflict occurs from the conscious mind's expectations interfering with the true reality of the formless nonphysical self, and thus the illusion can no

longer be held. Another possible factor is the person's knowledge of having another body back in the physical dimension and subconsciously believing that one can't have two bodies.

This melting hands phenomenon occurred mainly in my early stages of development and exploration, and eventually stopped happening. Perhaps this is due to the gradual development of my consciousness and a strengthening of the integration between my conscious and subconscious mind through progressive spiritual practice and continued experience in higher states of consciousness. It's possible that this phenomenon is characteristic of a particular state of consciousness that I eventually progressed beyond. There is certainly a correlation between an individual's level of consciousness and the perceptions experienced in the out-of-body state. A weak state of consciousness produces unclear and distorted perceptions, and will certainly be unable to hold its manifestations for long, especially if there are subconscious conflicts involved.

September 9, 2004

I woke up this morning and wanted to leave my body. After a few minutes of meditation, I felt a deep sinking sensation, as if I was falling inside of myself. A feeling of extreme lightness followed this, and I effortlessly floated out of my body. I found myself in a room that was quite different from my actual bedroom. I looked back at my bed and saw my motionless body lying under the covers. I left the room and navigated through the unfamiliar house I was in. I had trouble keeping a sharp mental focus, and my perceptions seemed fuzzy. I looked down at my hands, and within three seconds they melted down to my elbows like hot wax! This provided a temporary increase in awareness, but it didn't last long. I continued moving through the house, but was soon sucked back into my body.

I slipped right back out of my body and immediately tried to move away from my bed, but I felt heavy and sluggish, and my focus was cloudy. Realizing that I was in a low-energy state, I remembered a technique I had read to raise one's energy levels while out of body. I began drawing energy from my etheric body into my projected energy body by feeling the energy coming directly into me via an energetic chord connecting me to my etheric body that was lying in bed. I didn't see a chord, but I certainly felt it as energy moved through it. My levels of energy and awareness instantly

increased. I looked at my hands, which appeared more solid than before and didn't melt this time. However, my hands were disfigured and ugly, with fingers that were short, fat, and contorted at unnatural angles.

There was an invisible force drawing me towards my physical body as I was attempting to distance myself from it. This force was so strong that I realized I needed assistance to break free from it. I began to grip and pull as if there was a rope going up into the distance at a 45-degree angle from where I was standing. To my pleasant surprise, I almost instantly began to feel this rope as if it was really there, and I effectively pulled myself forward along it! My consciousness soon weakened, however, and I was overcome by this force and snapped into my body.

The results that altering my level of consciousness had upon my perception of my hands was a significant indicator of the cause of the strange melting phenomenon that occurs during self-observation. In a low-energy state my hands completely dematerialized, and in a slightly higher energy state they kept their form, but were severely disfigured. Countless experiences have demonstrated that my hands only maintain proper materialization when I have a higher level of energy and mental focus.

Physical beings exist in a multidimensional reality spectrum in which the physical level of existence is just the exterior surface. Likewise, our physical bodies are multidimensional in nature, having an underlying nonphysical energetic structure that extends into all levels of nonphysical reality. The etheric body is the energy body that is most intimately connected with the physical body, and is said to be responsible for the undercurrent of energy that feeds, supports and regulates physical bodily functions. This is the densest energy body, vibrationally closest to the physical dimension, and apparently it remains connected with the physical body until death. When one enters the mind awake/body asleep state, one's consciousness naturally shifts from the physical body into the etheric body. From there, consciousness projects into higher nonphysical dimensions via energy bodies that are generated from the etheric body. This process will be examined in more depth in future chapters.

There seems to be an energetic perimeter surrounding the physical body that exerts a force similar to magnetism on the projected energy body. The closer the physical body is to the projected energy body, the stronger the force drawing it back to the physical body. Once a distance of several

feet is gained, this force dramatically weakens, so as a rule of thumb, I always distance myself from my physical body upon exit. Of course, this is mostly unnecessary now, as I rarely project to a realm close enough to the physical dimension for this to have any effect. It's been years since I've even seen my physical body after projecting, although it's usually not the actual physical body that is witnessed in the out-of-body state, but rather a nonphysical energetic representation of the body manifested in whatever particular dimension one happens to be in.

I have noticed that the effect of this attractive force is highly influenced by the level of my lucid awareness. A weak, unfocused awareness is affected by this force to a much greater extent than is a strong and focused awareness, and so it's important to raise one's energy level immediately upon shifting from the body if it's not already in a heightened state.

However, it's worth mentioning that it's possible that this magnetic perimeter surrounding the physical body actually seems to have an effect on one's awareness itself. It's a common occurrence to shift from the physical body into an immediate state of diminished sensory input, which is a telltale sign of a low level of consciousness. There is always an initial feeling of motion, but generally there is no vision or hearing experienced during the first moments after projecting. Oftentimes, as distance is taken from the body, vision begins to manifest and lucidity increases. The correlation seems obvious, and yet there are times when this phenomenon does not occur, although this is most likely due to projecting into higher dimensions and being in higher states of consciousness, in which case this force is almost nonexistent.

Another valid explanation for early projection blindness is that during the initial phase of sensory deprivation, the projector is between dimensions. In other words, one is still in the process of shifting into another dimension, and thus there is no environment to perceive until the shift into a particular nonphysical dimension is completed.

October 14, 2004

This morning I awoke with the intention to have an OBE. My body drifted to sleep and I easily rolled out. I was immediately taken by an unseen force, flying backwards at an extremely high speed! With no vision, I was unaware of where I was going, but managed to relax and went along

for the ride, curious of where it would take me. My speed began to slow down and I found myself drifting through a window into a large building that appeared to be a museum.

This museum was filled with glass-enclosed displays. Strangely enough, inside of these glass enclosures were life-like statues of various people in the nude! I flew past a few of the exhibits and was drawn into a nearby bathroom for no apparent reason. To my unpleasant surprise, there was an old naked lady sitting on a chair inside the men's bathroom. She was absolutely repulsive. I began to telepathically receive information about this lady from an unknown source. I was told that she was a prostitute, and men would frequent the bathroom specifically to "do business" with her. I was also informed that the managers of the museum encouraged this lady to provide her services because it brought in business.

Having enough of this weird museum of naked people, I flew out through the side of the building and blasted off into space at an incredibly high speed. My vision temporarily faded as my speed increased, but it soon returned and I found myself flying through a majestic universe filled with an infinite expanse of bright stars and beautiful planets. The tremendous energy radiating from these huge planetary bodies was incredible and filled me with a deep sense of awe and joy. I had no specific flight plan, but simply let myself go wherever the experience took me. I would occasionally fly right through the planets, feeling, smelling, and even tasting their energy as I passed through. It was a truly unusual sensation.

I found myself in the presence of a bright, giant sphere of energy. It appeared to be made of a glowing reddish orange energy that flowed in all directions. The energetic radiance of this star was so intense that it made me feel deeply uncomfortable. The energy was too much for me to handle. Even at a distance, just looking at it caused an extreme feeling of unease in the core of my being. However, I soon got used to the intensity of this foreign energy, and actually began to enjoy it. A feeling of wonder and joy overtook me as I accepted the star's energy, and I went on exploring this universe for a while longer until I found myself back in my body.

I'm not certain to what extent my subconscious mind played in my experience of the nudist museum. Even if it was an objectively valid place in the astral dimension, the fact that I was attracted to it signifies an internal

alignment with the energies of that place on some level, which very well could have signified that my spiritual development needed improvement.

While traveling in deep space among those enormous planets and stars, I experienced one of the most fundamentally different energies I have ever encountered. For starters, the feeling of not being grounded to a planet was extremely liberating and yet induced a degree of anxiety. But the energy radiating from the celestial bodies themselves was so extremely foreign from any energy I had previously known that I experienced a totally unique internal response that contained elements of awe and fear in uncomfortably large doses. It felt as if these planets were large-scale conscious entities of vast power, rather than just giant bodies of rock, liquid and gas. This correlates with the findings of other out-of-body explorers who have discovered that planets may actually be highly evolved conscious entities.

CHAPTER FIVE
Alien Abductions and Spiritual Unions

November 6, 2004

After waking from a full night of sleep, I put on a Hemi-Sync track and entered a deep meditative state. I was soon overcome with paralysis, and suddenly the presence of several beings came into my perception. They seemed to be in close proximity to where I was lying. Suddenly, a dreadfully disturbing drone sound engulfed my entire being. I was now vibrating in a frequency of paralyzing fear that felt artificial and had a metallic quality to it. It seemed as if this distressing energy was coming directly from these entities, and the eerie tone that it produced rang through my body and mind, chilling me to my core. The room around me began to come into focus, and I was horrified to find a nonhuman being standing to my right, looking directly at me. It was short and skinny, had a large triangular head with large, black, slanted eyes, and had light orange skin. It looked like an extraterrestrial of the type commonly known as the greys, very similar to the image on the cover of Whitely Strieber's book Communion. *My heart plummeted inside my chest as an intense wave of fear washed over me. I panicked and forced myself out of the altered state.*

The ability to see through closed eyelids is commonly known as "astral sight." This is essentially no different from seeing while out of body. The only difference is that with astral sight, the person is still occupying the same space as the physical body. During astral sight, one's consciousness is shifted into a dimension beyond the physical world, therefore allowing the person to see into whatever particular realm one's mind is attuned to. It seems like I usually gain sight into the real-time zone, as the environment generally appears to be a replica of my room without any noticeable distortions, although other times I have experienced drastic alterations and higher-level astral phenomena during this state. Projection of the energy body away from the physical body generally follows the experience of astral sight, although in this case my fear abruptly ended the event.

This was my first encounter with this type of entity that many refer to as "aliens" or "extraterrestrials." Since I was a young boy I have had an overwhelming fear of these beings for no apparent reason. Watching television shows such as *Sightings* and movies such as *Communion* back in the early 1990s first exposed me to the possibility that such entities existed, although I remember an extremely vivid dream I had when I was about six years old in which I was a nonhuman creature resembling an alien and I was eating a person's flesh. At one point in the dream I looked in the mirror at my ugly alien face and body and knew that I was this alien creature. In that reality, eating people was just a normal part of my life. I had this dream before any known fear associated with these entities had been developed in my psyche.

I was upset with myself for reacting so fearfully. In retrospect, I knew that the most beneficial course of action would have been to attempt to communicate with this entity and discern its intentions. However, the negative energy I experienced before perceiving this entity may have been a sign that its state of spiritual development was anything but enlightened. When encountering an entity clairvoyantly, which simply means perceiving beyond the range of normal perception, it's necessary to keep in mind the possibility that one's perceptions are actually a manifestation of one's own subconscious mind. Many times the manifestation of negative apparitions is brought on by heightened states of fear. The reason I don't believe this is the case, however, is due to the fact that the dreadful energy that engulfed me seemed to have come from an outside source. I had not entertained any thoughts that would have given birth to this experience, for my mind was calm and quiet, and I was just passively observing my experience. It was like I was zapped with a beam of fear-inducing energy. Further encounters with similar entities would provide greater insight into the nature of these beings and my relationship with them.

January 25, 2005

This morning I awoke with the memory of an amazing out-of-body experience that occurred just before waking. I don't recall separating from my body, but rather I spontaneously gained lucid awareness while already in the out-of-body state. I was immediately able to discern that this was not

a lucid dream, but that an aspect of my consciousness had already been exploring the astral dimension before I gained lucidity. I experienced a state of knowing that revealed this to me without a shadow of a doubt. I found myself flying over a road that was on a green, hilly terrain. It was a bright and sunny environment, and a feeling of vivid beauty penetrated the landscape. As I approached the top of a large hill, my breath was taken away by what began to come into view ahead of me.

The best description of what I found myself looking at would be a divine city in heaven. The hilly road I was traveling over merged into an expanse of silvery clouds about half a mile in front of me. In the center of this foundation of clouds was a small city consisting of huge majestic buildings that appeared to be made of pure gold. The structure of the city and the architecture of the buildings were more elegant and beautiful than anything conceivable in the physical world. I was totally awestruck by the heavenly radiance of what was before me.

The foundation of clouds that the city seemed to be built upon had nothing underneath it, but was floating in the sky, and was about two or three miles wide in each direction. I was equally amazed when I noticed that on the opposite side of this city was a spiraling tunnel of energy that opened up right at the edge of the clouds and twisted out into the far distance. There seemed to be some kind of energetic vortex running through of the tunnel. It was truly an otherworldly sight.

I flew into the city, but I was more interested in investigating the tunnel on the other side. I quickly passed by the golden buildings and towers and arrived at the mouth of the tunnel. I jumped into the vortex that was in the center of the tunnel's opening, and I was suddenly propelled by a force through the tunnel. I was flying at an extremely high speed, although I was not consciously directing my movement. I seemed to be carried by a current that was generated from within the tunnel. I was not enclosed in this tunnel, however, for I would slip outside of it when making a sharp curve, and would have to drift back into the pull of the vortex with my own conscious effort. I didn't arrive at any destination, however, but soon shifted back to waking consciousness.

I have come across accounts out-of-body explorers reporting heavenly cities strikingly similar to the one I had experienced. These nonphysical locales are said to be located in the higher astral dimensions. The fact that I

gained conscious awareness after I had already separated from my body, finding myself in the midst of an exploration that was already underway, indicates that OBEs probably occur every time we are asleep, and most of the time we are simply unaware of them. It's worth noting again that the nonphysical reality that I had awakened into was not a dream environment, but a legitimate higher-level spiritual reality. This differentiation is something that has to be experienced to accurately make and truly understand, but there is a state of knowing that one experiences in higher levels in which an intuitive comprehension of everything relating to one's current state of being and experience is instantly realized.

In retrospect, I should have sought out an inhabitant of the city and attempted to obtain information. In my early explorations, I didn't give much thought about interacting with other beings and gathering information. I was more curious to explore the environments and didn't put much effort into consciously directing my experiences, but would simply go with the flow and observe. I have come to learn that setting an intention before each experience and carrying out one's goals immediately upon shifting from the body is of upmost importance if one is to make the most of these out-of-body experiences.

I have a list of every goal I want to achieve while out of body, and I generally choose one to focus on for a period of time, setting the intention of carrying it out before bed and playing out the course of action in my mind before attempting to induce an OBE. Some of the goals that have been on my list include: experiencing my Higher Self, discovering the purpose of my life, meeting deceased relatives, meditating while out of body, discovering the nature of reincarnation, meeting Jesus Christ and Buddha, and many others. I believe that making such a list is extremely beneficial to one's practice, as it serves to generate motivation, gives the person focus, leads to the acquisition of knowledge, and brings results.

February 12, 2005

Last night I had an extremely odd experience that doesn't seem to have a rational explanation. I was listening to a Hemi-Sync track that was designed to get the listener in touch with one's spirit guides. I apparently lost conscious awareness about halfway through the audio session. The next thing I knew, a loud click rang through my head as if someone had flipped a heavy switch in my brain. I found myself at the end of the Hemi-Sync track,

and realized I had let myself slip too deep. I tried to remember what I had experienced during the blackout, for there was a feeling deep inside of me that something quite significant had taken place during the time I had lost consciousness. I had a faint recollection of being somewhere with someone, and being returned to my body by them, but I just couldn't put my finger on the details.

I looked at my clock, and to my surprise I discovered that almost two hours had passed from the time I began listening to the Hemi-Sync track, which was only 35 minutes long. I was certain that the track had not been on loop. I was very confused, but too tired to stay awake pondering this strange occurrence.

I drifted off to sleep and was almost dreaming when I suddenly gained lucidity. I found myself in a strange in-between state of consciousness, not quite dreaming but not awake, and not in any meditative state that I was familiar with. I was just lying in a void, experiencing nothing. Suddenly, my thoughts began to take on an unusual quality that was unlike anything I had ever experienced. It was like they were being skewed and distorted by an outside force. My thoughts weren't flowing in my mind like normal, but were twisting, stretching, and dragging out, and were tainted with a creepy foreign energy that even distorted the way the thoughts sounded in my mind.

I suddenly felt a strong presence next to me. Just then, something touched my arm and I was startled by a loud noise. I was immediately shaken out of my altered state. I looked around my room, but found nothing out of the ordinary. There certainly wasn't anything visible that could have touched me and made that noise. I soon fell back to sleep.

Upon awakening the next morning, I looked out my bedroom window. It was about 9:00 a.m. and I could see the sun through the clouds that covered what would otherwise be a clear, blue sky. I was immediately puzzled as I noticed there was another light in the sky. It was a small sphere of light that was shining through a break in the clouds. It appeared to be stationary, but its nature was a mystery, as it certainly wasn't the sun, and was actually nowhere near where the sun was positioned in the sky. As I stared at this unknown light, I was suddenly hit with a barrage of memories from the dream I had just awoken from. As I lay in bed reviewing these memories, I was overcome with a sense of dread as they began to confirm my thoughts regarding the strange phenomenon that had occurred the previous night.

In this dream, I had just awakened from a night's sleep and actually thought that I was really awake. I sat up in bed and realized that I had a large, red bump on the side of my neck with a centimeter-wide hole in the center of it. It was very sore, and there was a creamy liquid oozing from the wound. At this moment in the dream, I suddenly had a vision of being stabbed in the neck with a long needle-type instrument by an alien and was flooded with memories of an experience that occurred the previous night. This non-human entity looked very similar to the one I had recently encountered in an altered state on November 6, 2004. It had a large triangular head, light orange skin, big black eyes, and a skinny body. I instantly knew that I had been abducted by these beings, and relived the dreadful feeling of being helplessly surrounded by them aboard their craft. The memories that my dream self was experiencing were astonishingly vivid and seemed just as real as any waking memory has ever been. Along with this state of remembrance came an intuition and a state of knowing that informed me that the abduction experience was not just a fabrication of the dream state that I was in, but was a separate and genuine experience that had occurred sometime that night, although it was most likely a nonphysical encounter and not a physical abduction.

Most experts in the field of UFOs and alien abductions would probably say that I experienced classic symptoms of a typical abduction. Such indications include missing time, experiencing a presence and being touched by it, the unusual ball of light in the sky, and the abduction dream. The fact that all of these experiences occurred in the same period of time gives the abduction theory a bit more substance than if they were isolated incidents. However, while I don't completely buy the idea that I was physically taken by extraterrestrials, I do believe that it's very possible that I had some kind of experience with nonhuman or nonphysical entities in an altered state of consciousness.

Many of the symptoms of alien abductions actually match symptoms of the out-of-body experience, such as full-body paralysis, feeling a presence or seeing entities nearby, and weightlessly floating out of one's bed and/or body. It's my belief that many alleged abductees are actually having out-of-body experiences involving nonphysical entities, but mistaking these events for physical abductions. Most inexperienced individuals would have difficulty distinguishing their normal waking

consciousness with their base level of out-of-body consciousness, and could easily be lying in the same space as their body, but completely separated from it in a slightly higher dimension, without being aware of their altered state of consciousness.

The dream I had is commonly referred to as a "false awakening." A false awakening is a dream in which you are convinced that you have just awakened from sleep. Some actually consider this to be a type of OBE, as the person generally has normal waking awareness unlike most dreams, and it's said that one might actually be in the real-time zone during these experiences.

During this false awakening in which I remembered being abducted by these beings, an entire experience emerged into my memory that I was previously unaware of and I realized that many of the experiences I undergo while sleeping don't even come close to reaching the surface of my conscious mind. It seemed as if I had resurrected these memories from a very deep layer of my mind, and I don't believe I would have ever remembered the experience at all from the normal waking state. I believe that already being in an altered state of mind more connected with deeper portions of my consciousness allowed this experience to surface. Future recall experiences from altered states confirm this idea.

During this false awakening, I was informed that my consciousness engages in layer upon layer of nonphysical reality simultaneously, splitting into fragments corresponding to each of the multiple levels of experience that it partakes in. This is not a theory that I have inferred based on what I thought had happened, but it's something that was revealed to me in a state of knowing similar to when I'm in communion with my Higher Self. By accessing this memory from the dream state, I became aware of a much deeper and far more complex system of consciousness and experience that transcends the common simplistic understanding of what occurs while we sleep. Accurately putting this into words seems almost impossible, but the experience of it was very real and absolutely incredible.

During my initial meditation session, I experienced a "click out," which is a term used to describe the experience of losing consciousness or blacking out during meditation. It's an occurrence that is somewhat common, particularly for new meditators. Oftentimes when returning to waking consciousness, a very loud clicking sound is heard deep inside one's head. Click outs either happen when one's conscious mind loses focus and

slips into an altered state unconsciously, or when a level of consciousness is entered that is so far removed from one's base level of awareness that it's unable to be recalled, for it's completely unrelatable to anything of a physical nature and thus can't be comprehended or conceptualized. As one becomes more experienced consciously entering deeper states of consciousness, these click outs become less frequent and one's capacity to retain awareness in altered states increases.

July 2, 2005

Last night I slept at my girlfriend's apartment. She fell asleep with my arm around her and her head on the side of my chest. As I drifted off to sleep, the only thing on my mind was how much I loved her. My slightly uncomfortable position caused me to retain awareness, and I suddenly burst out of my body with great power. I was in a highly elevated state of consciousness in which the love I had for my girlfriend was exploding from the core of my being. I found myself in a higher dimension that was filled with glistening light and extraordinary, surreal beauty that I can't quite put into words. It seemed to be a true heaven.

I instantly realized that my girlfriend was right next to me, likewise in the out-of-body state! I immediately hugged her, and as we connected it felt as if there was a union of our souls. We burst up into the bright sky, twirling as we rose, with the most magnificent energy of pure love pouring out from the core of our beings. I could literally see this bright energy shooting out from all around us in streaks and sparks, leaving a trail below us as we ascended. Suddenly, the energy within us peaked and there was an explosion of love and light that transcended us into such a blissful state that I could no longer maintain it and I shifted back to my body.

This was one of the most magical and intense out-of-body experiences that I had experienced at this point in my development, and one of the more memorable experiences to this day. This was the first and only time I have had a spiritual union with another person in the out-of-body state, and although my girlfriend didn't remember the event, I knew beyond a doubt that it really happened. There was an absolute knowing that I experienced on a deep level, a level that transcends the conscious mind's conceptualizations and gives one access to pure and direct knowledge. Perhaps the validity of this experience is more apparent in light of the fact

that soon after this, we got married and have been happily married ever since.

November 29, 2005

Last night I meditated before bed without using Hemi-Sync. I decided to state some affirmations in an attempt to program my subconscious mind to carry out my desires, so I began to say to myself, "I will consciously leave my body. I will remember the experience upon returning." Almost instantly after saying this in my head, I seemed to have received a message. It was not something that I consciously thought, but it just popped into my head out of nowhere. The message was, "No. You will have an experience with aliens."

I wasn't entirely sure what the source or nature of this thought was, but it was bold and intrusive. Perhaps my mind was playing tricks on me, but I stood firm in my original intention and repeated to myself, "I will consciously leave my body." The thought came back, "No. You will have an experience with aliens." It was not quite a word-by-word thought construct, but was more of an energy that contained an idea that my mind translated into that particular message. It was a feeling that carried with it an unmistakable understanding. I soon surrendered my meditation and eventually entered the dream state.

In this dream I was being pursued by malevolent extraterrestrials. They sent a small alien being that had a tracking device inside of it to my house. This alien was about a foot in height, had a thin body, and a beak for a mouth. I ripped it apart limb-by-limb and buried the pieces in various locations around my neighborhood. As I was burying the head, I touched its beak, and suddenly a strong energetic shock shot through my body! This energy felt extremely real and was terribly uncomfortable. It actually felt as if I was experiencing this shockwave of energy in my etheric energy body that was back in my bed, almost like I momentarily acquired dual awareness. There was a unique characteristic to the energy that seemed to contain the energetic essence of these beings.

I fled my neighborhood, knowing these entities would come looking for me. I ran into a mall that was nearby, and as I passed by the shoppers inside, I realized that I had full psychic abilities! My mind was flooded with information about every person that I was close to, and I was even able to see into the future. The realization of my spiritual powers brought this

experience to another level, and even though I didn't realize that I was dreaming, the clarity of my awareness in this dream state was uncanny. I felt the joy, love, and amazement of being in tune with my true spiritual self and I knew without a doubt that what I was experiencing was characteristic of who I really was. I understood that these abilities were inherent to my true self.

My attention was drawn to a pay phone that started ringing in the main concourse of the mall. I went over to it and answered. A male voice immediately spoke. "Is this Vince Field?"

Not sure who it was or what they wanted, I cautiously replied, "Yes, it is."

All of a sudden, a dreadfully loud tone exploded through the receiver and pulsed through my entire body, inducing a state of extreme fear and complete paralysis! Once again, this energy affected me on the etheric level, and it seem like an aspect of my consciousness was now in my etheric body, paralyzed by this energy. I stood there in shock, aware that the beings that were after me had just used some kind of technology to render me defenseless against their abduction. The powerful energy that had overcome me through the phone was a more powerful version of the same energy that had shocked me through the small alien's beak a short while earlier. The source of the attack was made fully known to me, as this knowledge seemed to be integrated into the energy itself.

Faced with my dire situation, I mustered up all the willpower I had and broke free from the hold that this energy had upon me. I fled from the mall and made my way back to my neighborhood, eventually waking up.

Although this was not an "out-of-body experience" per say, it was certainly more than just a typical dream. To begin with, the nature of this experience was accurately foretold by an unknown source just before I went to sleep that night. Perhaps I had received a message from my Higher Self through my subconscious mind, which I believe is a gateway to the Higher Self. Or maybe it was a message directly from the beings that I had subsequently encountered. Of course, it's possible that it was simply a self-fulfilling prophecy. One characteristic of this experience that distinguished it from an ordinary dream was that my level of awareness was far higher than that of a normal dream, although I wasn't quite lucid enough to realize I was dreaming.

Nevertheless, the ultra-realistic and paranormal nature of the experience suggests that there may have been more going on than just the manifestations of the subconscious mind, as is the common explanation for the dream experience. The paralyzing energy that I experienced was unprecedented for the dream state, and it was likewise a different energy than what I have experienced in the out-of-body state. The energetic vibrations that occur during and after separation from the body are an expression of one's own energy, whereas the energy that I was overcome with during this dream seemed distinctly foreign in nature.

Contrary to the mainstream idea that dreams are nothing more than the subconscious mind creating imaginary scenarios that represent concepts relevant to the individual's current life situation and mental preoccupations, there exists a theory that there is actually a deeper validity to one's nighttime dream excursions. The idea is that dreams are essentially a type of out-of-body experience within a mind-reflective reality which are created by one's higher mind, similar to the lucid dream experience, the difference being the lack of conscious awareness in normal dreams. However, there is also the possibility that some dreams actually occur in an objective level of nonphysical reality, as is postulated by some explorers.

Although some believe dreams to occur in the astral dimension, the extremely thought-responsive nature of the dream experience may indicate that they actually occur in more of a mental dimension of nonphysical reality. Some dream memories may actually even be conscious out-of-body experiences, for to the untrained mind, the memory of a conscious journey in the astral could be perceived as nothing more than a realistic dream. The inherent difficulty in conscious recall of nonphysical experiences during sleep due to the extremely complex multidimensional structure of our consciousness and the seemingly intangible nature of nonphysical reality makes the accurate discernment of dreams and their relation to OBEs an acquired skill, in my case requiring years of training in consciously navigating these deeper levels of existence.

If an individual who is consciously exploring the astral dimension begins to lose focus and concentration, the subconscious mind starts to take over by manifesting events, changing the environment and influencing one's actions to the point where the person becomes completely lost in the experience. Because the state and quality of consciousness determines the dimension of reality and nature of the experience, a conscious OBE in a

consensus astral dimension will shift into what appears to be a subjective mental realm of experience as lucidity diminishes. In the case of dreams occurring in the astral dimension, it's possible that the true astral environment is hidden beneath subconscious mental projections during dreams. Of course, it's also possible that as one loses lucidity during an OBE and enters the dream state, the person actually shifts into a different dimension of reality altogether.

Nevertheless, this hints at the possibility that some dreams may very well be the memories of low-awareness astral projections in which the subconscious mind has taken control. After all, the multidimensional projection of one's consciousness occurs as a natural process as one enters sleep, and being that self awareness is normally absent at this time, it's logical to conclude that the subconscious mind would naturally have control of an individual's nonphysical experiences during sleep, although it's also possible that we do have at least a degree of conscious awareness of our nonphysical activities during sleep but simply can't remember them.

Just as a person suffering from schizophrenia may perceive an alternate reality superimposed over the physical world, the astrally-oriented dreamer may very well perceive the projections of the subconscious mind over the underlying astral environment. However, even when the subconscious is not reflecting its own interior content into an outwardly perceivable experience as in the case of dreams, the subconscious is still required to generate and project mental images and relatable sense perceptions to represent the energies encountered during fully conscious out-of-body journeys, which would otherwise be totally elusive and incomprehensible experiences from the perspective of a physically-oriented consciousness. This demonstrates the importance and validity of the subconscious mind's role when dealing with nonphysical realities and higher dimensions.

Another idea that I believe may hold a certain degree of legitimacy is that memories of dream state experiences oftentimes don't accurately depict the true nature of what was actually experienced. Perhaps these memories are actually shadows of an intangible nonphysical reality and experience that can't be adequately expressed in physical concepts, but are nevertheless translated and conceptualized into relatable physical-world perceptions that the conscious mind can recognize and understand. It seems likely that the

true grandiose nature of the reality experienced in the dream state is largely unfathomable to our current limited human state of awareness.

February 14, 2006

This morning I woke up after about 5 hours of sleep and meditated using Hemi-Sync. I quickly entered a deep trance and began to feel as if I was floating in an infinite void. My consciousness suddenly started to spin rapidly and I heard a sound that was similar to wind blowing in my ears. I let my focus of attention wander and began to fade into unconsciousness, but caught myself slipping just before it was too late.

Immediately upon regaining conscious awareness, I found myself in the mind awake/body asleep state. My physical body was in full paralysis and my consciousness was in an altered state, shifted slightly beyond the physical dimension. All of a sudden I heard a loud, deep, rumbling growl that carried with it an extremely sinister energy. It seemed to be coming from some kind of monstrous, evil entity that I wasn't able to see, but sensed nearby. My initial reaction was fear, as the origin and nature of this sound was unknown, and for all I knew, there was a demon next to my body ready to possess me! However, I managed to control my mind and emotions, and began to think logically. I considered the possibility that this sound was a manifestation of some unconscious fear that I had. I also considered the idea that this was some kind of test from my Higher Self. Maybe the purpose of this experience was to learn how to conquer my fears and effectively deal with situations in which I'm presented with negative energies.

With these considerations in mind, I took my focus away from the negative thoughts and fear that I had been entertaining and began to direct my mind in another direction. I thought to myself, "I'm infinite consciousness! Nothing can harm me!" As I repeated these thoughts, I felt their truth deep within my heart. The growls suddenly ceased and didn't return.

I eventually slipped into sleep and entered the dream state. I found myself falling from an enormous height above an ocean. I seemed to fall for miles, and when I finally hit the water, the impact was so tremendous that it instantly killed me. I suddenly found myself in an expanded state of awareness similar to that of an OBE or lucid dream, although I was convinced that I had just died. As my body began to slowly sink into the water, my consciousness rose out of my body.

I flew high up into the sky, passing beautiful glowing clouds, and eventually shifted into a higher dimension that looked like a heaven or paradise. I found myself walking and talking with a small group of friends, and although I didn't recognize these people from my current life, I experienced a strong internal connection with them that transcended my understanding of time. One of the individuals in this group handed me a book, and it was made known to me that I was suppose to read and study the content of this book in preparation for the next stage of my afterlife experience. Soon after this I woke up.

During my meditation before these experiences occurred, I attempted a new method for quickly entering an altered state of consciousness. Rather than performing various mental techniques and affirmations to deepen my meditative state, I simply lay in bed with my eyes closed and silently observed the contents of my mind in mental silence. I watched the various tiny spots and streaks of light that are commonly visible in the blackness beneath one's eyelids, totally without judgment or expectation, and within a few minutes I entered a trance, which normally would have taken much longer to achieve.

Explorers of consciousness, myself included, have found that the Higher Self communicates with an individual through the manifestations that are projected from the subconscious mind in dreams and during altered states of consciousness. The symbolism that is presented during these experiences is highly personalized and tailored towards the individual's unique system of beliefs, experience and knowledge. Each individual therefore has the innate ability to intuitively and accurately interpret the meaning behind any given nonphysical experience or symbolic event.

That being said, I believe this dream in which I experienced the afterlife was revelatory in nature. It seems the book I was presented with represented higher-level spiritual knowledge that is only attainable in the out-of-body state. I was informed that learning this knowledge was an integral part of the afterlife process and crucial for ascending into higher dimensions of spiritual reality. This is a concept that has been reportedly discovered by several prominent out-of-body explorers. I believe that while this experience revealed a glimpse into the true nature of the afterlife, it also symbolized my current quest to gain spiritual knowledge and how such

personal development will bring about the evolution of my consciousness into higher states of being, both in this life and the next.

April 26, 2006

Last night before falling asleep, I decided to set some affirmations to attempt to influence my forthcoming dream experience. My goal was to gain knowledge about the nature of nonphysical reality in the dream state. Rather than repeating phrases, however, I tried a different technique that I had recently read about. This method utilizes pure feelings, so instead of verbalizing a specific desire, one simply concentrates on the feeling of achieving one's goal.

As I was in the process of cultivating the feeling of having gained sacred spiritual knowledge, I was suddenly redirected by seemingly no fault of my own. I was interrupted by the thought of my deceased great-grandfather, and a spontaneous feeling came over me that I was to make contact with him. I focused on this feeling until it passed, and then I continued with my original intention.

That night I had a dream in which my deceased great-grandfather had written a book detailing the true nature of reality and the afterlife, having obtained this knowledge through firsthand experience after his death. I was at his house searching for the book when a realization came over me. How could he have written a book after he had already died? I suddenly realized that I was dreaming! Wanting to find my great-grandfather's book, I called out to his spirit to inquire as to where the book was hidden. He almost immediately materialized in front of me, and I was instantly filled with love and joy at his presence. He told me that he had put the book in a drawer in his bedroom, and almost as fast as he appeared, he vanished. I quickly found the book and began reading it. It contained 7 chapters, each one describing a different area of mystical knowledge, although these chapters weren't in numerical order for reasons unknown to me. As I flipped the pages of this book I seemed to instantaneously absorb the knowledge within it. I had a deep understanding of the truth that it contained. At times I would see visions of abstract symbols that appeared to represent the concepts being explained in his book. The experience soon ended.

The inconsistency that I recognized in the dream regarding my grandfather's death led to the realization that I was dreaming. This is one of

the most common ways in which lucid dreams are induced. Recognizing inconsistencies in dreams is a skill that can be developed through practice and intention. Oftentimes, dream scenarios take place that don't make much sense or are impossible from the standpoint of one's current life situation in physical reality, but these inconsistencies are generally ignored and accepted as real in the dream state. By journaling one's dreams and taking note of repeated themes, one can take advantage of these recurring dream situations to recognize anomalies.

As an example, I live in Brazil, but most of my dreams are set in the United States and involve friends and family who live there. So by training myself to realize that I'm dreaming when I find myself in the United States or with my friends and family who live in there, I can successfully induce lucid dreams virtually every night. There are four main aspects to this training. The first is developing mindfulness throughout the day, or in other words, purposefully observing the nature of one's internal and external reality as consistently as possible. This means living completely in the moment and being aware of what is happening here and now, as opposed to being lost in one's thoughts, which is many people's default mode of existence.

The next part of this training is performing reality checks, which are essentially moments throughout the day in which the person questions themselves as to whether they are awake or dreaming. Many times there is a trigger for this questioning which serves as a reminder. As an example, a person may perform a reality check each time one's own hands are looked at, every time the person glances in the mirror, each time the clock is checked, or during any other activity that is performed repeatedly throughout the day. This should be tailored to one's own personal schedule, habits and activities.

The third aspect of the training is to keep a dream journal and record every dream that is remembered during the night and in the morning. Some nights I'm able to recall and record up to six dreams as a result of this training, whereas during times that I don't keep my journal up to date, my dreams are quickly forgotten despite the fact that they are almost always initially remembered upon awakening. The key is therefore to write down every dream. Simply remembering them is not enough, as they tend to fade from memory rather easily. After a while of journaling, repeating dream scenarios will be recognized and this information can be used to set triggers

to induce lucidity, which brings us to the fourth and final part of this training.

The last part of the training is to set the intention before sleep to recognize a particular situation that will trigger a lucid dream. This trigger can be a person, a place or an event. If there is a reoccurring pattern of inconsistencies or impossibilities in one's dreams, it's best to use those, as they are most easily recognizable. However, if one's dreams are fairly normal and no patterns of unusual activity exist, one can still use repeated themes as a trigger, regardless of how ordinary they seem. For example, if one usually has dreams of a particular friend, then the intention to become lucid when that friend is encountered can be made. Of course, simply relying on reality checks can be enough to induce lucidity.

A particularly effective method is to look at one's hands while setting the intention that they will appear in the dream state to serve as a reminder that it's a dream. Variations of this can be implemented with equal success. I recommend stating the intention repeatedly for at least five minutes with an attitude that the attempt will undoubtedly be successful. Even if you logically reason that there is a chance that the attempt will fail, ignore this thought and convince yourself that you will succeed in becoming lucid no matter what. Spoken affirmations are most effective when placing intention, but mental statements work as well.

I was never able to consciously retrieve the information that was contained in my great-grandfather's book. I had an unmistakable understanding that the experience was real and that I had indeed learned something of significance, but it seemed as if this knowledge was just beyond the grasp of my conscious mind.

It's interesting how my great-grandfather randomly entered my mind as I was meditating before this experience, and then went on to assist me with my intention in the dream state. Was his involvement a creation of my subconscious mind, or was this genuine contact? My intuition tells me that it was in fact a real experience with him.

The idea exists that all conscious beings are connected via a vast universal system of consciousness that is shared by all sentient life. If this is true and one's individual consciousness is actually just a limited focal point in this much larger sea of consciousness, then by moving beyond the limits of our present state of awareness, one can potentially gain access to the contents of the larger system. With that being said, perhaps the

subconscious manifestation of other people within one's dreams and OBEs inherently contains the consciousness of that individual. After all, the subconscious is considered by many researchers and explorers of consciousness to be the link between the conscious mind and the universal consciousness. Therefore, through the subconscious mind, one could have access to this boundless sea of consciousness to connect with any of the countless other individual conscious beings contained within this universal network and access any piece of knowledge or experience contained within any individual mind.

CHAPTER SIX
Merging with the Higher Self

October 11, 2006

This morning I woke up from a full night of sleep and stayed motionless in bed. After observing the darkness behind my eyelids for about a minute, the image of a dollar bill manifested in my mind's eye. I focused on this image and began to get closer and closer to the bill, as if my awareness was zooming in towards it. I eventually got so close that I could no longer see the dollar, but was now observing it at a microscopic level! Fractal patterns began to emerge and I found myself traveling through them as they multiplied and evolved. New intricate fractals were continuously coming into view as I zoomed in further and further.

I finally broke through some kind of barrier and emerged into another world! The environment was beautiful and reminded me of a green, mountainous landscape in Ireland. I found myself next to a funny looking male dwarf with steel armor covering his body. He was among a crowd of thousands of people of all shapes and sizes, all dressed in centuries-old clothing and armor. These people were engaged in a war, fighting an equally large group of people who were attacking from the other side of a small bridge that was nearby.

I didn't seem to have an energy body, but was rather a point of pure awareness. I followed the dwarf as he charged across the bridge at his enemies, and as I observed him, I realized that this little man was me! I was now watching myself engage in battle from a third person perspective, and the understanding that I was somehow one with this tiny warrior was undeniable. Curious about what was happening on the other side of the battlefield, I shifted my awareness from my dwarf-self and went over to check out the action on the other side of the bridge. I soon lost lucidity and went about the rest of my adventure unconsciously, left with only vague, dream-like memories of the remainder of the experience.

The fact that I experienced myself as the dwarf warrior raises some interesting questions. There was no doubt in my mind that on some level, I

was this dwarf. I experienced this realization as an unquestionable knowing that seemed to come directly from my Higher Self. What is unclear to me is the nature of the dwarf. Either he was a pure manifestation of my subconscious mind having no reality outside of the form that had been created during that experience, or he was an independent entity with his own consciousness and life outside of my perception of him. I entertained the idea that perhaps he was a past incarnation of myself from a previous time in history, or maybe even from a parallel universe.

There is a variation of the common reincarnation theory that has been discovered by certain prominent out-of-body travelers that may help to explain the phenomenon of temporarily being someone else in altered states of consciousness. The idea is that the Higher Self incarnates as a multitude of personalities simultaneously throughout time. Reincarnation appears to be a linear temporal process due to the conceptual limitations of being a physically-attuned consciousness, but in higher dimensions, time is not experienced as it is in the physical world, and so the Higher Self seems to experience each of its lifetimes in the physical dimension concurrently. The Higher Self is not bound by space or time and is not limited to just one incarnation at a time, and thus may experience multiple incarnations in the same time frame.

January 15, 2007

This morning I meditated while listening to Hemi-Sync. Within seconds, my consciousness deepened and I shifted into my energy body. It was buzzing powerfully, especially throughout my main chakra circuit. I had no sensation of my physical body, but seemed to be floating in a void. Suddenly I felt like I was rising, falling, expanding, and contracting. I was pulsing between these varying states. The energy in my heart and solar plexus chakras was the most pronounced, and I felt a deep rumbling throughout my spinal column.

After remaining in this state for a short while, I suddenly experienced an intense burst of energy between my ears that sounded like an extremely loud electrical explosion inside my head! It was so powerful that I was startled out of my altered state. I sat up and rubbed my temples, as there seemed to be a strong buildup of energy in that area. There was a mild energetic throbbing inside my head that lingered for a few minutes afterwards. I calmed myself down and continued meditating.

After a few minutes of deepening my meditative state, the energy in my head began to return. It didn't erupt all at once like the first time, but instead came on gradually. At the peak of this energy's intensity, I felt myself shift into an altered state of consciousness in which I became aware of a voice speaking to me. It was a soft female voice saying something that I was unable to understand. The state of consciousness in which I was able to hear this voice was characterized by a unique energetic sensation in my head, like a kind of buzzing. After a few moments of listening intently and trying to make out what was being said, I phased out of the frequency in which I was hearing the voice. I wanted to know who was speaking and what was being said, so with the intention of reentering the altered state I was just in, I allowed my consciousness to deepen until I felt the same energetic sensation in my head as before, effectively shifting into the frequency where the voice was.

As I reentered the altered state, I became aware of a presence approaching to my left side. I was unable to see, but I was in tune with my nonphysical senses and was able to feel this being coming towards me. It stopped right next to me, so close that it was actually touching my side. I felt a warm, tingly pressure against my energy body. Suddenly, this being touched my left hand, and a moment later I started to hear the voice again. As it spoke, I was aware of the energetic sensation of a hand holding my own. I still couldn't make out what was being said, however, and it almost seemed as if this being was speaking a different language. For some reason, I was unable to make sense of the words. I soon phased out of this state and ended my meditation session.

It seems that I was able to shift into a state of consciousness in which I became open to receiving communication from a nonphysical entity. I then reentered this state by recreating the feeling I previously had in the altered state of consciousness in which I initially heard the voice. I have experienced the sensations that accompanied this particular state in the past, although it was usually in passing, as I had never been able to hold my consciousness at this specific frequency. Occasionally during my meditations or as I would be falling asleep, I would momentarily feel the deep sinking sensation in my head accompanied by a fleeting voice, but the experience would never last longer than a few moments. This entity appeared to be benevolent, as its voice was gentle, and it seemed to have a

positive energy when it touched me. It's possible that my inability to understand what was being said was due to a weak mental focus, or perhaps I wasn't completely in tune with the voice, similar to how a radio station is incomprehensible when the radio is tuned slightly outside of the proper frequency.

October 23, 2007

This morning I woke up slightly earlier than usual and meditated, simply observing my internal state and the darkness behind my eyelids. After about half an hour, I witnessed my body fall asleep. As I expanded into a nonphysical state, I willed myself to fall downwards. I almost immediately dropped out of my body, falling backwards as if I had been pushed from an airplane with the full effect of gravity on my body. My vision was very dim, and all I was able to see were vertical streaks of light quickly shooting by me. I eventually stopped falling but was still unable to see, so I began to spin rapidly in place in order to shift my consciousness to a higher level.

When I stopped spinning, I found myself in a large, unfamiliar room. I was instantly filled with joy and began flying around, realizing how amazing it was to be in the out-of-body state. There was a large mirror in the center of the wall in this room, and on a whim, I flew right through the mirror. Rather than finding myself passing through the wall and entering an adjacent room, I instead discovered that I had actually entered the mirror and was now in an exact reflection of the original room!

Now in this mirror room, I realized that my perception was different in a way that is hard to explain. It was almost like I could see from more than one vantage point at once, and in multiple directions at once, but there was also a deeper aspect to my perception that escapes words. I passed through the mirror again, reentering the original room, and noticed that as I looked into the mirror I was able to see my reflection with incredible clarity. Every tiny detail of my face was fully projected into my awareness at a microscopic level.

Back in the original room, I turned around and approached the mirror once again. To my surprise, I realized that there was another version of myself on the other side of the mirror, aside from my reflection! As I went through the mirror again into the reflected room, this copy of myself passed by me and went through the mirror into the original room, as if performing

the reverse action! I was slightly puzzled and thought that perhaps entering the mirror dimension created a temporary reflection of my consciousness, or possibly fragmented my consciousness into two separately functioning aspects. Turning around to watch what my doppelganger would do, I witnessed it fly through the far wall and out of sight, as if it had a mind of its own.

I flew through the mirror one more time, and as I approached my reflection, I decided to try to change the imperfections that I noticed on my face. With the ultra-magnified vision that I had when looking into the mirror, I was able to see every pore, spot and wrinkle. I concentrated on my intention and affirmed to myself that when I emerged through the mirror, my face would become a perfect version of its current state.

I passed through to the original room from the reflected dimension and turned around to see if my experiment had worked. To my surprise, the mirror was gone, and I was now looking at a blank wall. As I contemplated how this could have happened, I was struck with an intuition that provided an understanding of why the mirror had mysteriously disappeared. I was left satisfied with this knowledge and allowed the experience to end.

My sudden spark of intuition revealed the nature of this experience. The mirror was not real, and neither was my reflection. I had been identifying with my face and body as if my physical appearance was an integral aspect of who I was, when in reality its not. The body is merely temporary housing for consciousness in the physical dimension. It's unwise to identify with it, just as it's similarly unwise to identify with anything impermanent. Identification with the ever-changing projections of the mind and the physical world leads to attachment and suffering. Recognition of one's true nature as eternal, divine consciousness bestows an individual with the proper insight, perspective and knowledge to allow one to make the best use of these ever-changing illusions, rather than enabling the illusions to use the individual as is the case with those partaking in material attachments and ego identification.

December 1, 2007

This morning I had a brief yet extremely profound out-of-body experience. I woke up from a dream and immediately found myself in the midst of the out-of-body separation process, which seemed to be occurring

naturally without my conscious intention. I easily floated up and passed through my roof. I felt drawn to the stars, which were shining brightly, so I joyously flew up into the sky.

As I ascended high enough to see the full horizon of Earth, I was absolutely astounded to find before me an infinite expanse of the most beautiful and brightest stars I had ever seen. In this field of stars were areas of bright purple mist that reminded me of nebulas and other awe-inspiring space environments. It was like I was perceiving the entire universe before my eyes.

The level of emotion that had overcome me in the presence of the universe seemed to enhance my awareness, and as pure love and joy flowed through my being, I realized that these stars were actually conscious entities of an immense power! Some of the lights looked like normal stars, appearing to be bright points of light in the distance, but others seemed to be much closer and appeared to be enormous, bulky clusters of light. I was now in an exceptionally expanded state of consciousness in which I was experiencing a higher knowing that I was in fact in the presence of a congregation of higher spiritual beings! My intuition told me that this dimension was the home base of Higher Selves, and that this was the level of reality from which they probe into various other dimensions of experience.

I was suddenly overcome with the desire to experience my own Higher Self, and with that intention I was instantly pulled into an energetic structure that is rather difficult to describe in words, but it seemed like some kind of portal had opened up in my exact location and sucked me in! I experienced a brief sensation of movement through space, feeling as if I was being transported to another location. When the motion stopped, I found myself before an indescribably enormous presence that I knew without a shadow of a doubt was my Higher Self.

My inner connection with this unfathomably vast being was undeniable from the moment I became aware of it, and in a state of divine bliss I merged into this giant entity like a raindrop falling into an ocean of water. The moment I fused with my Higher Self, I internally exploded with an energy of infinite love, bliss, and mind-shattering ecstasy to a degree that I had never experienced nor realized was possible. The person that I had known myself to be totally disintegrated into this infinite divine aspect of God that I was now experiencing myself as. I was now unified with a

seemingly boundless system of consciousness comprised of innumerous variations of individuated entities, although the true complexity of this state of being escapes words. The intensity of this state of immeasurable and uncontrollable bliss was so extreme that after several moments, I couldn't stand it any longer. I knew that this was my true self, my true state of being, and yet it seemed I wasn't currently in the condition to fully embody it. I felt as if my very core essence was literally going to explode with ecstasy. I had passed my limit and was zapped back into my body. I sat up in bed with an enormous smile on my face, my physical body buzzing with residual energy from the experience. This energy eventually faded away as I got up and started my day.

This was my first conscious experience of truly being one with my Higher Self. I had previously only experienced my Higher Self to a more limited extent as the source of higher knowledge and divine love that I would be connected with to varying degrees while out of body, especially during higher-level projections. But this was an entirely new level of experience. I transcended the illusion of the individual that I had known myself to be, shattered the filter of my limited mind, and experienced my true self in all of its divine glory (or as much as I was able to handle). To this day, this experience remains as one of the most remarkable and transformative out-of-body experiences in my life.

March 19, 2008

This morning I awoke in the ideal state to have an out-of-body experience, so I relaxed and allowed myself to deepen further into this state. I felt a strong sinking sensation overcome me, followed by a feeling of weightlessness and an internal expansion. I became fully detached from my body and willed myself to float upwards.

Within seconds, my environment manifested around me. I was in a dining room that had a long dinner table in the center. There were eight people sitting around the table, eating and chatting. I immediately realized that these people were my family and friends, although strangely enough, I didn't know them from my current life on Earth.

Enjoying my liberated state, I began flying around the room while keeping my attention on the people at the table. They were all aware of my presence. I went over to one man who I knew intuitively was my uncle, and

lightly squeezed the back of his neck in a playful manner. However, his reaction was anything but playful, as he appeared to violently cringe up as if a demon was sucking the life out of him! I immediately let go, as I meant him no harm.

My family and friends began to discuss the implications of my OBEs in a disapproving manner. It was apparently against their religious beliefs, and they perceived it as an ungodly and sinful practice. I was enjoying myself so much that I didn't even bother to attempt to convince them otherwise. I knew the truth of my experience and wasn't concerned with their opinions and limiting beliefs.

I decided to go off and explore, so I flew towards the ceiling with the intention of passing through it and going outside. However, each time I got close to the ceiling I would sink back down, as if there was a magnetic force that was preventing me from passing through! After briefly brainstorming a solution to my problem, I envisioned small rocket propeller devices attached to my feet. With a strong intention, I created the feeling of blasting off like a rocket and was instantly propelled out of the house and into the open sky. I could distinctly feel the energy shooting from my feet as I soared into the atmosphere.

After a short while of flying around the unfamiliar town I was in, I noticed a structure in the sky. I was curious as to what it was, so I went up to investigate. By this time I was no longer using the propulsion technology that I had manifested, but was effortlessly flying by intention alone. The structure appeared to be some kind of shrine. It was basically a tiny floating room. Inside it there were small religious statues, beads and photos displayed on the inside walls. I realized that this shrine was dedicated to my sister, and I suddenly started to telepathically communicate with her! Unfortunately, my memory of this conversation is unclear.

Around this time I experienced a gradual decline in my level of awareness, and I eventually shifted into a dream-like state. It was not a full-blown dream, however, as I continued to fly around and maintained a small degree of discernment. It seemed my subconscious mind began projecting a story, and although I was interacting as if I was consciously out of body, I was no longer completely in control, but was rather going with the flow of the narrative.

This was just one of many experiences in which I have encountered individuals in the out-of-body state who I was deeply connected with, even recognizing them as family members and close friends, and yet upon returning to my body and my consequent contemplations of these experiences, I realize that I don't know these people from my current life. There are a few possibilities that may explain this phenomenon.

One idea is that these familiar nonphysical individuals are family and friends from another lifetime, perhaps relatives from a past, future or parallel incarnation. Another similar possibility is that these people are aspects of my Higher Self. According to this theory, each person is one of a multitude of incarnations that are part of a larger spiritual entity that is called the Higher Self. Thus, these familiar individuals that I meet during OBEs may likewise be other incarnating aspects of my Higher Self. Perhaps during these encounters, I experience my connection with these individuals as family or friends, when in reality the nature of our relationship is an intimate oneness through our shared higher spiritual being.

An interesting question regarding the nature of reincarnation and the Higher Self arises with these contemplations. Assuming that reincarnation and the Higher Self are in fact valid concepts (I have personally experienced and confirmed the existence of the Higher Self, but only have limited evidence of reincarnation), the question that tends to surface is whether or not the individual incarnations of the Higher Self actually reincarnate multiple times themselves. If the Higher Self is a conglomeration of individual incarnations that are innately connected as one vast consciousness, then on the level of the Higher Self, every individual incarnation actually shares all of these experiences, although this knowledge is usually inaccessible to the physically-attuned mind. This must true if we are fundamentally one with every other aspect of our Higher Self. If the Higher Self is not limited in the off-shooting of its own consciousness into individualized physical incarnations, then perhaps the idea of having each individual incarnation reincarnate is unnecessary. Of course, if each individual incarnation also reincarnated numerous times, this would certainly be a logical means to maximize experience and accumulate wisdom. Several out-of-body adepts claim to have discovered through firsthand knowledge that most people have the choice of whether or not they want to reincarnate into another body on Earth.

Well-known out-of-body explorer Robert Monroe has claimed to have personally experienced and acquired full knowledge of his Higher Self during his out-of-body explorations. Monroe referred to his limited, physically-oriented consciousness as his "I-Here," and referred to the higher aspect of his collective spiritual being as his "I-There." "There" was a reference to the nonphysical dimensional realm in which his Higher Self exists. According to Monroe, when a Higher Self fulfills its purpose in our physical system of reality and all of its incarnations are consciously unified as one in the shared knowledge and wisdom acquired through its countless lifetimes, they collectively move on to other systems of reality to attain higher forms of learning and experience as a single, unified entity. He referred to this as "graduating the Earth-life system."

There are many cases of individuals having near-death experiences in which they discovered that their true spiritual self was immensely vaster than they could have ever conceived before dying and experiencing it firsthand. For example, a man named Tom Sawyer died and learned from his NDE (near-death experience) in the afterlife that his current incarnated personality was just a tiny portion of his soul's total self (Higher Self). He discovered that reincarnation is an opportunity for the soul to evolve through a multitude of different circumstances and personalities that the Higher Self can pick and choose from its immense, experientially-acquired database of qualities and characteristics, assimilating this unique assortment of traits to form a new aspect of its self to incarnate into the physical dimension for a desired experience of its choosing.

The near-death experience of a man named Ron Krueger detailed his experience of his Higher Self in the afterlife. After dying, he was brought to a group of nearly 100 spirits who he understood to be his past lives. The individuals in this group each had a unique personality, and yet they were all connected as a single entity. They were one being, part of the same awareness. Each individual had lived just one lifetime on Earth, and yet each person's unique experience and knowledge was absorbed by all of the others. He was all of these people, and they were him. Ron experienced himself to be a collective multidimensional spiritual entity of immeasurable wisdom.

Emmanuel Swedenborg, a Swedish mystic and out-of-body explorer who lived during the 18th century, was also very influential in his discoveries, although his viewpoint of reincarnation was somewhat

different from Monroe's. He claimed to have discovered the nature of the soul during his journeys into higher heavenly realms, and said that most individuals were part of groups known as "group souls," which are collections or societies of like-minded individuals who were connected for a shared purpose. He said that these groups could function as a single entity, and yet they were actually separate individuals and didn't share a Higher Self in the way that I have experienced. Swedenborg also claimed to have found that memories of reincarnation are actually the memories of other spirits who have merged with the person's soul, sometimes even in a parasitic way, thus establishing a psychic link in which the memories are shared.

Dr. Michael Newton is a past life hypnotherapist who has learned how to access people's memories of their experiences "between" reincarnations, or in other words, their time in the afterlife between lives. His clients relate a similar description of the soul group as Swedenborg had described, saying that it's more of a spiritual support group of like-minded, kindred souls. All of the individuals in each "soul cluster group" are engaged on a similar path of soul evolution, and many times incarnate into the same families to help one another grow.

However, unlike Swedenborg, Newton claims that all souls reincarnate, and can even have multiple simultaneous incarnations to maximize spiritual growth and wisdom gained from diverse experiences. On a related note, he has found that a portion of the soul remains in the spirit realms during its incarnations as a way to restrict conscious access to the soul's higher wisdom. Apparently this limits the conscious awareness of the incarnation and creates more of a challenge, thus increasing the incarnation's potential to learn. Having complete access to the soul's full power and wisdom would completely bypass the incarnation's need to learn and grow in the way that this physical system of reality otherwise produces. However, Newton has made no claims of the existence of a Higher Self in the sense that myself, Monroe, and the NDEs have reported.

I have personally experienced the nature of my Higher Self as being a unified collection of innumerous unique individuals with similar elements of the descriptions given by Monroe, Sawyer, and Krueger. I have not fully experienced the validity of the soul group concept as described by Swedenborg and Newton, although I believe this concept could help to explain several of my out-of-body encounters with kindred beings who

weren't from my current lifetime, and yet I understood that they were just as close to me as some of my closest family and friends.

There are a variety of beliefs and ideas regarding the nature of reincarnation and the soul reported from a range of different types of personal experiences and methods of accessing that information. I believe that reports of NDEs may be the most reliable in terms of the individual's ability to clearly experience the true nature of the self and reality, as their link to this illusory physical world and their limited physical being is temporarily broken, perhaps allowing them to more fully and truly experience higher realities without the limiting physical system of perception hindering clear awareness, realization and insight.

CHAPTER SEVEN
Past Lives and Soul Contracts

April 8, 2008

A couple of weeks ago I saw what appeared to be a UFO while looking at the night sky in my backyard. It was a bright light that was moving way too fast to be an airplane. After a few moments of watching it, the light vanished, never to reappear. Last night I was gazing out into the star-filled sky and remembered the UFO I saw recently. I made a mental request to see another UFO, thinking that perhaps some higher intelligence would telepathically hear me and give me a sign, but this was not the case. However, I believe that my request triggered a profound nonphysical event that occurred later that night.

At the start of this dream state experience I was with my wife at an outdoor party that was located on a large outdoor deck of a restaurant that was hundreds, if not thousands of feet high on the edge of a cliff of a huge mountain. The view from the deck was astonishing. Miles of beautiful landscape and other nearby mountains were visible. There was a decent sized crowd at the party, and everyone was dancing and having a good time. I was dancing in a silly way that expressed my inner creativity, as if my dance moves were a projection of my true self.

My wife pointed out a newspaper on a nearby table. I walked over and picked it up. The headline story was about sightings of four UFOs in the area. I thought it was interesting that such a controversial subject was being given front-page attention.

I was standing facing my wife and had my back turned to the open landscape. Suddenly, she pointed behind me and screamed in terror! I quickly turned around, and to my complete and utter shock, an enormous metal craft the size of an entire city block rose from below the cliff, not more than 50 feet away from the deck where we were standing! This moment is what separates this experience from a normal dream. The impact that this event had deep inside of me was not something that I had previously experienced in the dream state. I was suddenly filled with a unique combination of emotions unlike anything I had felt before. I was

overwhelmed by a wave of shock, awe, amazement, and deep fear that left me speechless and unable to move. The realism of the experience was more vivid than that of my normal everyday life.

The UFO rose up to about our eye level and hovered in place. The entire party was running around and screaming in a mass panic. My wife and I stood there with our eyes fixed on the craft. Suddenly, an incredibly loud booming noise came from the UFO coupled with a flash of light, and not a moment later it shot straight up into the sky at what seemed like the speed of light, releasing a wave of energy that engulfed everyone on the cliff. The energy was absolutely crippling, taking over my entire being with such intensity that I lost all connection with my body and instantly collapsed to the ground. As I collapsed, everything went black, and as my vision was fading I saw everyone around me collapsing as well.

The energy felt alien in origin, as if it came from a source that was foreign to anything I had ever experienced. After collapsing, I remained in total blackness, my energy body vibrating at an extremely high rate, coursing with the energy from the blast. Despite the intensity, it was actually quite pleasant. It seemed to be a positive energy even though it was forced upon me in such a shocking way. I shifted back to my body and came back to normal consciousness. I remained in bed, astonished at what I had just experienced, still buzzing strongly with energy. The energy didn't totally diminish until about 15 minutes later.

It would be naive not to see the connection between this experience and the request I made earlier that night to higher intelligences for a sign of their existence. While it's possible that the UFO was a creation of my subconscious mind, I believe it's just as possible that there was actual involvement from extradimensional entities of some kind. The experience took on a state of hyper-reality that transcended my normally experienced dream state, and the crippling energy that left me paralyzed seemed to be an outside intrusion. Never has a dream event left me in a state like that. I have always had the ability to take control over my dream state when faced with dire situations, but not this time. This seemed to be an inner event that was triggered by an outside source, an awakening of energy within me that was perhaps assisted by a higher intelligence.

July 30, 2008

Last night I had an experience that I believe was contact with an aspect of my Higher Self. I was dreaming that I was in a room with a group of friends, and although I knew all of them very well, I realized upon waking that I have no relation with them in this life. We were all conversing in high spirits when suddenly, what appeared to be an extraterrestrial wearing a white mask entered the room. Everyone was deeply disturbed by the presence of this entity, most running away or hiding as soon as it walked in. At this point of the experience, my state of consciousness shifted to a higher level and I became fully lucid. However, the realism of the event was so profound that I remained in a state of shock and fear.

This short, thin, masked entity immediately approached me. Despite being disturbed by what was happening, I managed to remain calm and allowed the event to proceed. As it was standing in front of me, suddenly a telepathic link opened between the alien and me, and I was flooded with memories from another life! As I processed all of these insights and past experiences, I was informed that I concurrently live in an alternate physical reality in which I'm a member of this extraterrestrial's species! Even more shocking was the realization that I was actually soulmates with the entity standing before me! I experienced this as if I had just relived my entire alternate life within a matter of seconds, feeling all of the emotions and understandings gained as this other intelligent spiritual entity.

It was as if my consciousness was connected to direct knowledge of my alternate alien self and my intimate and timeless relationship with the being in front of me. It felt as if we had shared lifetimes of experience together. I understood that we had a deep union and that the core of our being was one. I also learned that this other version of myself possesses female characteristics, although this alien species doesn't have male and female sexes the way humans do. The differences in the sexes of this life form are subtler and have almost no physical basis. I even recalled wearing a white mask in my alternate life, the same one that this being was now wearing.

My alternate life soulmate suddenly vanished, and my friends began to gather back together in the room. I was extremely upset that my friend had left me, for at this time I was now feeling deep love for it and yearned to be reunited again. But before long, the entity reappeared, walking back into the room and once again causing everyone to panic and run off! I too had a fearful initial reaction, mainly because of the being's strange appearance, but I remained calm, accepted the being for what it was, and allowed the

interaction to happen. It walked right up to me and gave me a tight hug. It was several inches shorter than I was, and its skinny arms wrapped firmly around my mid-back. I hugged it back, and suddenly I burst from inside with a feeling of love that manifested as a deep energetic radiance from my heart chakra, causing my entire energy body to literally vibrate with bliss. As we hugged, my consciousness phased back into my body.

Although this experience seemed to start out as an ordinary dream, it soon became what I believe was a legitimate connection with an aspect of my Higher Self. On a related note, even the initial gathering of my friends could have been a representation of my Higher Self or soul group, as these were individuals who were close to me, although I didn't know them from the physical dimension. Perhaps these individuals were members of my Higher Self, just as I discovered the alien intruder to be.

There was absolutely no mistaking this experience for a common dream generated solely by subconscious manifestations. I experienced a higher level of awareness that transcended the dream state in which I was just as sure of the validity of my spiritual reality as I am during my most profound out-of-body experiences, for the connection with my Higher Self was just as strong and clear. Perhaps this is part of the reason why I have felt drawn to the subject of extraterrestrials and alien contact ever since I was young.

Robert Monroe claimed to have discovered that the Higher Self is not limited to incarnating just into the physical world we call Earth, nor is it constricted to the confines of the physical dimension. Apparently the Higher Self can simultaneously branch off into alternate systems of reality outside of the physical dimension, incarnating into various other dimensions in which new experiences can be explored and new lessons and wisdom can be learned. In the same way, I discovered that this other aspect of my self is from another dimension of reality, and yet is one with me on the level of my Higher Self.

In retrospect, I found it strange that both the entity and my alternate self wore white masks which covered our faces. I believe that it's possible that the masks were intentionally worn, or created by my higher mind to prevent aversion or fear on my part due to the unusual nature of the underlying face. After all, the main source of uneasiness that I experience when it comes to the idea of extraterrestrials is their appearance. Ever since

I was a child, the image of the stereotypical grey alien with large, black, slanted eyes has generated deep fear within me. Perhaps the masks were a means to prevent this fear and allow the true nature of the experience to be perceived without hindrances.

November 9, 2008

After a short nap this afternoon, I awoke in the ideal state to have an OBE. I easily shifted inward and floated out of my body. Hovering above my bed, I tried to fly up and out of my house, but my movement was heavy and sluggish. Suddenly changing my game plan, I retreated inward, shutting out all senses, and mentally yelled, "I'm going to my Higher Self!"

With this intention strongly in mind, I was instantly propelled through a series of scenes consisting of random people flying around in various formations and patterns, along with intricate and abstract designs. I soon emerged from this unusual experience into a beautiful and vibrant environment. It was a clear, sunny day and I was surrounded by buildings, small parks and trees. There were large colorful murals painted on many of the buildings. Upon examining one of the murals, I realized that the sun that I had initially perceived as being up in the sky was actually part of a giant mural that was painted on the side of one of the tall buildings nearby! It was quite a mesmerizing painting, as there was a warm radiance of light coming from the painted image of the sun.

I flew through one of the building's windows, feeling the glass as I passed through. Inside, the building felt noticeably cooler in temperature, which was rather unexpected because I was not used to feeling temperature fluctuations while out of body. In fact, I can't recall ever noticing the temperature while out of body before this experience.

Remembering my intention of going to my Higher Self, I flew off in search of someone that I could communicate with. I entered a café and saw several people sitting and talking at a table. On the other side of the room was a middle-aged Asian woman walking in my direction. I approached her and began to talk to her.

"I wanted to go to my Higher Self!" I said. "Why couldn't I?"

She replied, "We are plugged in. We can't go there yet."

I answered back, "Well, I've been there before."

She then said, "Well, then maybe you are ready."

Amazed at the high level of clear communication that was taking place, I excitedly flew off to explore some more. This dimension seemed to have a vibrancy and clarity that was beyond the level of the average out-of-body environment that I'm used to. There was a large metal statue of a person outside of the café, and on a whim, I bolted over to it, hooked onto its torso with my hands and delightfully swung around the sculpture at a tremendous speed. I felt the cold metal of the statue against my hands as I swung. I released my grip and flew away.

I noticed a building that had large windows coming up from the ground and I went over to investigate. Inside I saw a variety of beautiful plants and small trees, and I entered the room to see more. The room was huge and was completely filled with these plants and foliage that radiated with an amazingly tranquil and positive energy. The energy was actually visible; it flowed from the plants as vibrant hues of blue and green. The energy merged with my own, becoming a part of me. I soaked in its beauty, feeling the loving vibrations flow through my energy body. In this state, I understood that all plants produced this life-sustaining, healing energy. After flying around a short while longer, I was eventually pulled back into my body.

Upon reflecting on my encounter with the woman, I pondered what the nature of her consciousness and existence was. Was she a creation of my subconscious mind, or a manifestation of a deeper layer of my self? Was she a nonphysical being, or a spirit guide? Was she another human in the out-of-body state? She appeared to be just as conscious as I was. Her response that "we are plugged in" seemed to signify the state of being attached to a physical body, and would imply that she too was in this situation. It was interesting that she claimed that the Higher Self was not able to be experienced while still having a physical body. Perhaps this is true to some extent and humans can't fully realize their Higher Self while attached to a body.

January 7, 2009

Last night I awoke to find myself in the out-of-body state aboard some kind of spaceship among the presence of several alien beings! They were short and thin, had large heads with large dark eyes, and their skin was a light blue color. I didn't feel threatened by these beings, but actually got a

friendly and positive vibe from them and felt rather comfortable in their presence. This didn't seem like a lucid dream, but rather this was like waking up in the midst of a situation in waking reality, although I knew that I was actually out of body.

In front of us was a large rectangular window that was situated above what looked like some kind of control panel. Through this window I saw that we were traveling through space at a very high speed. These beings seemed to be giving me a guided tour of the universe, purposely showing me various galaxies and planets while telepathically explaining what I was seeing, although I don't remember the exact dialogue or information.

Aside from showing me various places in the universe, these beings revealed knowledge of such sophistication that it seems to transcend my physically-oriented mind's conceptual abilities. I remember the feeling of awe that I experienced from this knowledge, but it seems impossible to put into words. However, I do recall the details of one aspect of the interaction that revealed a deeper connection with these entities. They told me that sometime before my present life I had made an agreement with them to have a relationship with them during my current life on Earth.

Although I can't recall the exact terms of the contract or nature of the relationship, I remember feeling as if it was mutually beneficial in nature, and that these beings had positive intentions. I also understood that we shared some kind of link that went deeper than just a written or verbal contract. It was a bond on the soul level. This wasn't just an experience of words being communicated to me, but rather it was a deep intuitive understanding, an experiencing of truth.

I woke up the next morning playing the experience over in my head and trying to remember as much as possible. After a couple of minutes I looked over at my opened bedroom door, and to my shock I was instantly hit with a memory of a grey alien standing in the doorway sometime during the previous night! It was like suddenly remembering a dream for the first time in the middle of the day, where one minute you are totally oblivious to having had the experience, but then suddenly you remember it and re-experience the feelings and emotions from the dream. The difference was that this didn't appear to be a memory of a dream, but of a physical event.

Interestingly enough, I didn't experience any fear that I can remember, nor did I feel any negative emotions from the memory of this alien in my doorway. I actually felt good energy from this being, and seemed to have

embraced its appearance almost as if I had been expecting it. However, I can't recall anything after the sudden appearance of the ET. The memory ends so abruptly that it almost seems like the rest of it was cut out and removed from my mind, as there is almost always at least a bit of mental fuzz surrounding a fragmented memory segment, and this is totally absent in this case.

It has been reported from out-of-body explorers, spirit channels, past life hypnotherapists, and near-death experiences that the situations and events that occur during a person's physical incarnation are planned on a soul level before that individual incarnates. It's said that pre-determined themes of experience that are unique to the individual's spiritual learning needs are attracted to each person throughout one's physical lifetime according to that person's "soul contract," which is basically a life plan blueprint and includes agreements to have certain experiences with other people for mutual learning and other karmic reasons.

Some alleged alien contactees claim to have been told of having soul contracts with the group of extraterrestrials that they are in contact with. Although most of these individuals report their experiences as taking place in the physical dimension rather than out of body, the information I was given by these entities during this out-of-body experience seems to mirror the experiences of these other contactees. Perhaps this relates to my lifelong interest and conviction in the existence in extraterrestrials and the subtle but lingering presence that they have in my mind.

August 14, 2009

This morning I woke up early and shifted into an altered state of consciousness. I relaxed and completely let go, feeling a deep sinking sensation, a slight internal expansion, and a subtle inner vibration accompanying it. I was suddenly able to see the room around me through my closed eyelids, and the first thing I saw was an alien standing inches from the side of my bed looking down at me! It had orange skin, large black eyes, and was very skinny. It looked similar to other entities that I sometimes encounter while in the out-of-body and dream states. I was not afraid, but was very surprised. I almost immediately phased back to normal consciousness.

I relaxed and shifted back into an altered state of consciousness, and as my nonphysical vision returned I saw that the alien was still standing there! I felt uncomfortable in its presence and retreated, shutting off my nonphysical senses with my intention and emerging into darkness. Suddenly, several faces that looked identical to this entity manifested from the darkness and began to float around in a circular rotating formation.

I again retreated from these manifestations and decided to change my approach. I focused on my heart center and generated a feeling of love within to combat the unease that this entity had aroused within me. As this loving energy grew, it totally overcame my fear. I then shifted into an even deeper state and became aware of a voice. I was only in this state long enough to hear a sentence, but I was unable to make out exactly what was said. It seemed to be some kind of telepathic communication, as if the words were implanted into my mind from an outside source. The experience ended after this.

Despite my numerous encounters with these nonphysical entities, I have yet to grow totally comfortable in their presence. I later read an account of a man named James Gilliland who claimed to have made contact with extraterrestrials by getting into a deep meditative state and focusing on his heart chakra until he was overcome with love energy. At this point he said a telepathic link would open with these entities and communication would occur. He has apparently been repeatedly visited by these beings in physical form at his home, and said that the particular group he was involved with was benevolent. I was instantly reminded of my experience upon hearing this man's story. Another aspect of James' experiences with extraterrestrials that paralleled my own was that he would sometimes have astral experiences with these beings in which they would assist him out of his body and interactions would ensue in higher dimensions. He said ETs often interact with people in the out-of-body state, and that often these experiences are remembered as nothing more than strange dreams.

CHAPTER EIGHT
Ghosts and Afterlife Retrievals

November 20, 2009

This morning I used the WBTB method to attempt a projection. I made three verbal affirmations that I was going to leave my body and allowed my state of consciousness to deepen by completely letting go of all tension, both mental and physical. I entered a deep trance as my body fell asleep, and suddenly I was able to see the room around me through closed eyelids. It was not the same room that my physical body was in, however. Interestingly, I recognized this other room from some time in my past, although I have never seen it in this life. My legs soon became detached and began to float up towards the ceiling, although my torso was still somewhat attached to my physical body and remained in place. Oddly enough, my floating energy body legs were outfitted with a pair of red sweatpants, exactly like the ones I had worn to bed!

Wanting to shift away from my body and explore, I rolled to the side, fully separating from my body. The room was dark and I felt that my energy was low, so I returned to my body to attempt to separate in a higher energy state. Once back in my body, I did about two minutes of energy work. I moved my point of awareness from my feet to the top of my head and back down, bouncing it back and forth until the flow of energy gained momentum and the sensation of energy within me began to strengthen. Once my energy body was vibrating nicely, I easily floated up and out of my body. The room was still rather dark, so I flew up towards the ceiling with the intention of passing through the roof into whatever environment was awaiting outside. However, I found myself subtly doubting my ability to penetrate the ceiling, which seemed to cause an invisible force to push me back as I was about fly through. It was like trying to touch two repelling magnets together.

I couldn't seem to shake this mental block, so after a few tries with the same results, I gave up. I turned around and saw my wife's energy body floating above her physical body which was lying in bed next to mine. Her energy body was somewhat translucent and seemed to glisten and shine with a bright energy, very similar to the appearance of my own energy body.

I flew down to her and hugged her energy body, which seemed to be sleeping. I instantly felt our energies intertwine and merge. This amazing feeling faded after a few moments and I briefly lost my high level of lucidity. After refocusing my awareness, I discovered that my wife had disappeared! The bed was now empty and her energy body was gone. I soon returned to my body.

One point of interest from this experience was my perception of the red sweatpants that my energy body seemed to be wearing. This seems to confirm the idea that the perception of one's energy body is actually a subconscious projection based upon what one expects to see. Apparently the image of those red sweatpants made a strong impression upon my subconscious mind and was thus manifested into my perception. Another perceptual anomaly was my wife's disappearance. This could have been due to a shift in dimensions that took place after I briefly lost focus. Being that one's state of consciousness determines the nonphysical dimension that one experiences, the alteration of my state of awareness may have removed me from the dimension that my wife's energy body was attuned to.

Another curiosity was the mental block that I had somehow acquired which prevented me from passing through the ceiling. After experiencing this phenomenon on several occasions and experimenting with it, I realized that it directly corresponded with my state of mind as I set and carried out the intention of passing through a seemingly solid structure in the out-of-body state. If there was even a shred of doubt that the passage through an object was possible, my efforts would almost always be met with resistance to the extent of my level of doubt. Usually the doubt would come from a subtle layer of my mind underneath the main layer of thoughts that generally takes the forefront of my mental activity.

By focusing my awareness into this subtle level of mind and pinpointing these conflicting thought processes, I found that I was able to replace them with affirming thought patterns and was soon able to eradicate the problem. Another technique I discovered to overcome this mental block was to visualize myself already on the other side of the wall as I was about to pass through. This seems to bypass the internal conflicts that may arise within the mind when something seemingly solid is penetrated, for the mind's focus is not on the process, but is strictly concentrated on the end result.

The head to toe awareness bounce is just one of the many ways to stimulate the energy body. When I first started my energy work practice, I would meticulously go through my entire body, moving my awareness through each bone, joint, muscle and organ to ensure that I stimulated every possible area of my energy body starting from my feet and ending with my head. I would usually sweep my awareness back and forth through my bones, and rotate, expand and contract my awareness through each joint. I would then perform various awareness bounces through larger areas of my body, such as my arms, legs, spine, and finally my entire body.

The chakras are generally stimulated with these larger energy movements, particularly the ones through the spine, as this is where the chakras are located. However, I would also take time to raise energy into and stimulate each chakra, first pulling and sweeping my awareness from my feet through my legs and into my root chakra at the base of the spine. I would then perform various awareness movements in the chakra, such as rotations, expansions and contractions, using both visualization and tactile awareness, which means trying to actually feel the movement. I would then move on to the next chakra, raising energy up from my feet, passing it through the chakra that I had previously stimulated, and bringing my awareness into the next chakra and stimulating that one in the same way. I would go through this process all the way up to the crown chakra at the top of my head. At first there seemed to be some resistance in moving my awareness through my body, but after some practice, this difficultly was overcome and my energy body quickly developed, giving rise to all kinds of interesting energetic sensations and phenomena, and more importantly, improving the quality of my OBEs.

May 12, 2010

This morning I woke up after about five hours of sleep, stayed awake for an hour, and went back to bed with the intention of leaving my body. After entering a deep trance, a rather unusual experience ensued. My consciousness phased away from my normal level of awareness and I seemed to shift into the frequency of a television program. I had perfect visual and auditory perception of a talk show in which the female host was on stage with a female guest. They were discussing a spiritual dilemma that the woman was undergoing and the host was providing advice and console in crystal clarity. It was as if not just the words, but the very concepts being

discussed were implanted directly into my mind and I was somehow experiencing the truth of these ideas as direct knowledge.

I then phased out of this frequency and shifted into another frequency in which modern rock music was playing. It seemed like my mind had tuned into a radio station. I left this frequency rather quickly, as I realized that I could leave my body and I wanted to explore. All this time a small portion of my consciousness was aware of still being within the confines of my physical body, although the forefront of my awareness was experiencing these different frequencies outside of any bodily limitations.

Back in a normal trance state, I floated out of my body with absolutely no vibrations or exit sensations. I was rising higher and higher, but couldn't see clearly, so I mentally requested, "Take me to my Higher Self!"

I soon found myself arriving at a large banquet room where there was some kind of gathering taking place. The room was full of long tables where men and women in social attire were eating and socializing. I flew across the room to the front, where there was a stage with people in uniforms standing side by side in formation facing the rest of the room. It reminded me of a military award ceremony. I soon lost focus and phased back to my body.

This was my first experience of having absolutely no energetic sensations during the exit from my body. Out-of-body explorer Robert Monroe reported that as he began to develop in his OBE practice, the once frightening and overwhelming experience of energetic vibrations that would overcome him during the separation process eventually stopped, never to be experienced again. He would simply phase from his body without a shred of resistance, which seemed to mirror my own experience.

There are various types of consciousness projection from the body. The most common type is the classic out-of-body experience or astral projection, which is an experience in which one's consciousness is attuned to the astral energy body and its corresponding nonphysical dimension. Exit sensations such as strong vibrations are often encountered during these experiences because they occur in dimensions of coarser energy, closer to the dense physical dimension and lower on the dimensional spectrum than the higher dimensions.

On the other hand, out-of-body projections directly into the mental dimension are not met with these coarser energetic sensations, as this

dimension is vibrationally higher than the astral realms, and is of a finer energetic quality. The mental body that is used during these higher-level projections is of a higher vibration than the astral body. In fact, its energy is so subtle and vibrating at such a high rate that it's virtually undetectable. It seems that out-of-body experiences in which no exit sensations are experienced are most likely mental projections of the mental energy body. This type of experience is also commonly referred to as phasing.

I found it interesting that my request to experience my Higher Self led me to what seemed like an award ceremony. Perhaps the individuals at this event were members of my collective Higher Self, and the stage and ceremony were symbolic of a reintegration or some higher-level event that I was unable to directly perceive.

June 5, 2010

Last night I awoke and immediately slipped into an altered state of consciousness. My body became paralyzed and I instantly felt a presence near me that seemed to be the source of an extremely intense energy sensation on my left side. I began to see the room around me and I was shocked and horrified to find myself face to face with a terrifying ghost floating on top of me! It seemed to be an old lady with a face of rotten flesh. Her muscles and bones were exposed and she had long, messy gray hair. She seemed to be wearing a long flowing gown that was white and partially translucent, as was her body. I realized that this entity had merged with my energy body at the spot where I was feeling the heavy energy! She was looking right into my eyes, and as soon as she realized I was aware of her presence, her mouth opened wide and what I perceived as a frightening shriek came booming out! I was immediately jolted back to normal awareness.

At this time my wife and I had just moved into a condominium and were living in an apartment whose previous owner, an old lady, had just died. It's possible that this was the spirit of the newly deceased woman. Perhaps she hadn't moved on and was haunting the apartment. There was one other incident around this time which was unusual and possibly related. One morning my wife woke up with red hand marks on her arms, as if someone had been aggressively squeezing her arms with all their strength.

Perhaps this was all the work of the previous owner, upset that we invaded her territory.

October 22, 2010

This afternoon I awoke from a nap directly into the mind awake/body asleep state. This was somewhat expected, as I verbally affirmed that I would consciously leave my body before lying down for my nap. I mentally induced a sensation of falling, which caused me to shift out of my body. I floated straight up with no exit sensations and flew through the ceiling. My vision faded upon passing through the roof, but from the darkness suddenly emerged an image of Jesus Christ. The vision was shadowy and there was not much color or detail, but I instantly felt an energy of strong love coming from it and knew that it was a representation of Jesus.

The vision faded and I suddenly found myself standing out of body next to the window in my room that overlooked the beach. There was a middle-aged man standing next to me. He appeared worn out and troubled. He took his shoes off and said, "Walk a mile in my shoes." We then switched shoes. Funny enough, I thought to myself that I had better remember to get my shoes back before going to work. The reality of this experience was so vivid and realistic that I apparently started to confuse my nonphysical state with physical reality. We began to talk, but my focus was weak and I was not able to remember our conversation. As we chatted, I looked out the window and realized that I was in an unknown location, much different from my physical home. The experience ended in the middle of our discussion.

Although I can't recall the details of our conversation, I understood that this man had a difficult life, and the act of switching shoes was meant as a reminder to take the perspectives of others into consideration as I go about my life. There are always two sides to every story, and even though other people's actions may sometimes bewilder us, anger us, and even harm us, understanding why people do what they do allows one to adopt an attitude of compassion towards those who would otherwise be met with hatred. Taking into consideration the hardships that others face also helps to put one's own situation into perspective, as it can lead one from feeling like a victim to being truly grateful for their blessings, which can oftentimes be taken for granted.

February 21, 2011

This morning I believe that I performed an afterlife retrieval from the out-of-body state. I became conscious to find that I was actually already out of my body. I immediately understood that I had just been unconsciously engaged in an astral experience and that it was not merely a dream, but a legitimate experience of an objective nonphysical reality. Aside from the unquestionable state of knowing that revealed this to me, there was also a realism to the experience that distinguished it from a normal lucid dream scenario. I found myself in a rural neighborhood with an older man, and as I processed my situation, I received the knowledge that this man had died and was stuck in an astral reflection of his old neighborhood from his physical life. The guy informed me that he had been living there for quite some time, and he was unable to go anywhere else.

I told him that he could go anywhere he wanted, but the first step was leaving his old neighborhood. We walked up to a highway and as we reached the side of the road, a limousine pulled up in front of us. As soon as I saw the limo, I knew that it was part of the retrieval process that we were undertaking. We entered the limo and were greeted by a nice young lady who was waiting for us in the back seat. I understood that she was a guide who would lead him to the next phase of his afterlife experience. This wasn't just a guess or an assumption. Rather, it was a knowing that was imparted directly into my mind. The experience soon ended and I woke up confident that this man had been assisted to a better place.

Many out-of-body explorers have discovered that the nonphysical realms entered during OBEs are actually the same dimensions where humans find themselves after they die. Conscious explorers of the afterlife dimensions have found that there is a spectrum of different realities that an individual may find oneself in after death. Many of the most prominent out-of-body explorers have essentially all made the same discoveries and reached the same conclusions regarding the nature of the human afterlife existence, although some may describe it using somewhat different vocabulary and conceptual frameworks in accordance with their own particular backgrounds and worldviews. However, the parallels in their findings are uncanny and suggest that all of these explorers are in fact describing the same system of afterlife reality that is experienced by all humans.

The various dimensions of the afterlife correspond with particular frequencies of energy and consciousness states. The lowest dimensions are inhabited by individuals who are overcome by negative and harmful habitual mental tendencies and limiting beliefs, whereas the higher dimensions are inhabited by individuals who are free from negative and limiting beliefs and instead experience wholesome mind states such as love, compassion, joy, wisdom and creativity.

A fundamental principle of nonphysical reality is that one's experience is essentially a reflection of who they are inside. Groups of likeminded individuals are naturally attracted to one another due to the fundamental law of "like attracts like." Thus, a person will likely find themselves surrounded by individuals with a similar belief system and mindset in the afterlife. This is because beliefs shape one's thoughts and perceptions, habitual thought patterns and perceptions to a large degree determine one's dominant mental and emotional state, and mental and emotional states correspond with particular energetic frequencies of consciousness. Therefore, because one's energetic vibratory state draws the person to a nonphysical dimension of a corresponding frequency as a fundamental law, individuals of like mind will naturally find themselves in the same dimensional realm in the afterlife, as they share the same frequency of consciousness.

The environment of each afterlife realm closely resembles the common core system of beliefs and mind states held by the individuals in that particular dimension, as the higher mind reflects one's inner self as an exterior reality in nonphysical dimensions. So based upon the inner nature of the individual, one may find oneself in a heavenly environment or a hellish environment populated by those with similar mind states perpetuating the same external reality.

The afterlife can be likened to a huge arena to work out one's own issues and grow spiritually. In lower realms, individuals are faced with the manifestations of their inner problems, forcing them to confront and rectify them. In higher afterlife dimensions, individuals are free to creatively express themselves and explore the deeper nature of their soul and their reality. These higher-level inhabitants are said to have unlimited access to any information they care to learn and enjoy inexhaustible energy and resources to develop any aspect of self that is deemed necessary or desirable.

There is a much stronger connection with one's divine creative essence in higher realms, allowing the creation of environments and experiences vastly more beautiful and harmonious than those of the lower dimensions. It has also been discovered that in the higher afterlife levels, the blueprints for future physical incarnations are designed, although one is not limited to incarnate on the planet Earth in our physical dimension. One can apparently choose from an unlimited number of other planets and systems of reality, providing a broad range of different experiences depending upon one's personal inclinations and necessities for growth.

Regarding the events of my previous journal entry, an "afterlife retrieval" is an experience in which an individual who is stuck in a lower afterlife realm (usually due to overpowering limiting beliefs or negative habitual thoughts and mind states, strong attachments to an aspect of their physical life or the physical world, and/or ignorance of the nature of their current situation as deceased) is assisted by a nonphysical being or a person in the out-of-body state to a higher afterlife dimension in which that individual may come to understand the true nature of their current state and continue their evolutionary journey as a spiritual being in this particular system of reality and beyond. There are many reported cases of individuals actually retrieving lost aspects of their Higher Self, that is, other individualized personalities of a person's Higher Self that are stuck in the lower afterlife realms, especially past-life incarnations. These individuals are often recovered and reintegrated into the Higher Self consciousness. It's also apparently common to retrieve aspects of one's self which have fragmented off and become suppressed due to some kind of past trauma or the perceived necessity to eliminate an aspect of one's personality. Interestingly, these lost personality fragments seem to manifest as a living representation of the person at the particular time and in the particular state that the suppression took place. I underwent a similar self-retrieval experience back in November of 2002.

According to Monroe's discoveries, there are nonphysical beings who take on the task of journeying into these lower purgatory-like afterlife realms to attempt to retrieve the individuals stuck within their own limiting mindsets and self-created delusions. A being of higher vibrations is able to descend into lower dimensions, just as a person of higher mental abilities is able to understand the intellectual workings of those of lower mental abilities. However, a being of lower vibrations usually can't ascend into

higher realms due to the inability to see beyond the narrow scope of one's limited mind patterns, just as a person of lower intelligence can't conceive of the inner workings of more intelligent minds because they have no conceptual basis for the more advanced processes taking place. A person of lower vibrations can't possibly attune to realms that resonate with higher vibrations unless the internal work is done to raise that person's energies. So these retrievers enter these lower realms and attempt to break the barriers of the inhabitants' minds so that they may expand their perceptions to higher and more wholesome states of being. Once successful, the helper accompanies the individual to a higher realm of the afterlife.

In higher afterlife realms, an individual is apparently given the knowledge and tools to make the choice of where they will go and what they will do next on their journey. Monroe learned that there are guides, helpers, and beings of higher consciousness that help individuals with this process. He found that most individuals eventually reintegrate into their Higher Self, where they carry on their journey as a unified being of higher consciousness. Beyond our system of reality is said to be higher dimensions that transcend the human mind and consciousness, and individuals generally don't return to this system of reality once they leave.

Another interesting aspect of the afterlife process that has been reported in a multitude of near-death experiences is that there is usually a life review soon after death. The individual experiences the full range of effects that their actions had upon other people during their life, gaining an unbiased understanding of the quality of virtue with which they lived and how well they accomplished the goals that they had intended on achieving during their time on Earth. This knowledge generally directs the next course of action for the individual on their journey.

CHAPTER NINE
Setting an Example

March 17, 2011

Last night I was in the dream state walking around my neighborhood on what appeared to be a sunny day. Something caught the corner of my eye, so I looked up and witnessed a shooting star streak across the sky. It was a beautiful sight. Suddenly, another star shot across the sky in the same direction. Before I knew it, there were countless streaks of light bolting across the horizon in an amazing display. It was a surreal sight that left me awestruck and caused a burst of lucidity, bringing about the realization that I was dreaming!

Now in a state of heightened awareness, I witnessed two large disc-shaped UFOs approach my direction from the distance. They stopped and hovered about 200 feet above me. This amazing and unreal situation caused me to shift into an even sharper level of lucidity, and I screamed up to the UFOs, "I'm ready! Take me! I'm not afraid!" Suddenly, one of the ships lowered its altitude and a large entrance on the bottom of the craft opened, releasing a chain of dozens of extraterrestrials linked hand in hand! These beings lowered themselves down to me, grabbed my hand, and pulled me up into the UFO!

Inside the ship was a large group of ETs. They looked similar to the extraterrestrials that I usually encounter in the out-of-body state. They were thin, had a large triangular shaped head with oversized black slanted eyes, and were light orange in color. These beings were sitting cross-legged in a large circular formation, all wearing tribal beaded necklaces. They appeared very peaceful and Zen-like. There was one alien sitting in front of the others who was darker in color. I understood that he was the leader.

I received a flash of insight as I observed these beings. I realized that I somehow knew them from a previous time, particularly the leader. The leader began to speak to me, and after the communication, I approached the inner walls of the ship. There were engravings carved into the entire circumference of the ship's interior. Upon analyzing these drawings and symbols, I realized that they described the practices and customs of these

ETs. I soon came across information about their eating habits, where I found drawings of large animals such as cows, and to my surprise, humans! I suddenly remembered an allegedly true story I had read in waking reality a few weeks ago about a group of aliens who ate humans, and I realized that these beings intended on having me for dinner! With this realization, I immediately jumped out of the partially opened hatch in the floor that I had entered through and escaped. The experience ended.

Upon reflection, I realize that I should have stayed in the ship with the aliens and done more investigation into their purpose before making any rash decisions, but the experience was so realistic that I actually ended up forgetting that I was out of my body. Otherwise I would have reasoned that they couldn't possible eat me, as I was not there in the flesh. My perception of their eating humans could have simply been a recent memory overlapping the experience and influencing my perceptions, as I recently read about a contactee who claimed that the group of ETs that had abducted him actually fed on human flesh and blood. On a positive note, the fact that I was open to contact with these beings is a sign of development, as I lacked this courage and willpower in previous experiences with similar non-human entities.

One thing that I eventually learned to adopt as an important goal to keep during my projections was to make a real effort to remember the dialogues that I had with the nonphysical beings I encountered. This seems to be one of the most challenging aspects of these experiences to bring back and recall. I came to develop a method for increasing my chances of recalling the details of my communications in the out-of-body state. One of the most important aspects of this method is to go into the experience with the intention to remember the dialogue, and to never lose this intention. The next step is to be as concentrated as possible so as to fully comprehend what is being said during the communication. It's crucial to maintain the highest level of lucidity possible at this time. Then, I play back the details of the dialogue in my mind immediately after it takes place. Finally, it's important to return back to the body as soon as possible, as new memories in the out-of-body state tend to overshadow older memories gained during any given projection. I've noticed that generally, the longer the experience is, the more difficult it is to remember details with clarity. This can leave

entire parts of the experience hazy or altogether missing from one's memory.

June 3, 2011

This morning I had an out-of-body experience, but it wasn't induced from a waking state like usual. Instead, it happened directly from the dream state. In this dream, I was in my apartment with some friends and we were smoking marijuana. With the first inhale I was immediately put into an altered state of consciousness. Feeling myself shift into a deep meditative state, I lay back to enjoy it and instantly became attuned to my energy body. Feeling pleasant vibrations from head to toe, I began to gradually loosen from my dream body, which I then believed was my physical body. I suddenly shifted out with a quick sideways movement. I was now out of my body with crystal clear lucidity, and although I attained this state from a dream, there seemed to be absolutely no difference between this and any other projection induced from a waking state.

Now fully lucid in the out-of-body state, I found that I couldn't see very well, so I flew upwards until my vision manifested. I found myself overlooking a large city at night. There were huge buildings and other unrecognizable, brightly lit structures for miles in every direction. I started to fly in the direction I was facing, filled with a strong feeling of excitement from my enhanced and liberated state of consciousness. My attention was drawn upwards by a bright glow, and I discovered a giant moon fixed in the distant sky, probably three times as large as our physical moon is. Drawn by its beauty, I began to fly up in the direction of this moon. However, my attention was diverted when I noticed another planet in the corner of my eye. I looked directly at this planet, which was larger and darker than the moon, and I was suddenly filled with an intense and unique energy that seemed to be radiating from the planet directly into my consciousness!

At this point I was quickly approaching a giant skyscraper at an altitude of about 500 feet. Rather than passing through this building, I made a sharp upward turn and began flying parallel to it. As I rose higher along the building, it transformed into an enormous structure resembling a giant chest of drawers. Most of the drawers were open and empty, but I noticed a red object in one of them and flew over to it. As I approached this object, I realized that it was a bass guitar. I picked it up and tried to play it, but it

was old, in bad condition and out of tune, so I quickly discarded it and continued exploring.

As I was flying back down towards ground level, I noticed a man near the bottom of the building. I went over to him and was delightfully surprised to discover that it was my father! He was hovering in front of the building. Although I knew that it was my dad from his unmistakable and unique energy signature, I was rather perplexed regarding his appearance, as he appeared to be a splitting image of myself! I had no doubt that this person was my father, as this was direct knowledge that seemed to come from a higher level of my mind. We had a short conversation in which we discussed some kind of higher-level spiritual knowledge and then we parted ways.

I began to wonder what my other two friends were doing back at my house where I left my body, so I went back to check in with them. By this time, I was almost completely back in non-lucid dream state awareness. My friends were still there, and I excitedly recounted my experience in full detail, unaware that I was actually in a dream. The experience soon ended.

This was not my first out-of-body experience from a dream, but it was the one that convinced me that genuine OBEs can be attained from the dream state, rather than merely a lucid continuation of the dream. Even without experiential insight, this would be a logical conclusion when looking at the mechanics of the standard out-of-body experience compared to the process that takes place if one were to shift into a higher nonphysical dimension from the dream state. The main difference between these two experiences is that rather than shifting one's consciousness from the physical dimension to a higher nonphysical dimension, one is shifting from a lower nonphysical dimension (the dream state) to a higher nonphysical dimension. In other words, the projector is accessing the same nonphysical realms in each experience, but from a different starting point. The non-lucid dream state consciousness resonates at a lower vibration than the lucid out-of-body state of consciousness, and thus it stands to reason that the non-lucid dream experience takes place in a dimension of lower frequency in the spectrum of nonphysical reality, whereas lucid out-of-body experiences occur in higher vibratory levels corresponding to the higher vibratory state of one's consciousness in accordance to one's degree of lucidity.

September 7, 2011

Last night in the dream state I was gathered with a large group of people outside in a remote part of an unknown town surrounded by nothing but marsh as far as I could see. It was dusk and we were all standing near a large, solitary building with the full moon in clear sight in the distant sky. This building was at least 30 stories high and was the only manmade structure in the area. The purpose of our gathering was unknown to me.

Suddenly, a huge UFO appeared in the sky in front of the moon! A moment later, a second UFO emerged to the left of the first one! These UFOs quickly approached us and hovered overhead. Once above us, at least two dozen smaller UFOs began pouring out of the bottom hatch of the two larger UFOs. Although I had no visible evidence of this, I understood that these smaller ships were remote controlled by the extraterrestrials in the two main ships. One by one, these smaller UFOs abducted every person in the area by beaming us up through a ray of light.

The moment I was abducted, my vantage point changed. I was now observing the event from a third-person perspective from a location outside of the UFO that I had been beamed into, rather than from inside the UFO where I actually was. The tiny UFOs congregated directly over the building, hovering in place. Out of nowhere, a huge blue cloud of mist appeared, engulfing the bottom half of the building. After a few moments, the mist turned grey and engulfed the entire building, shooting up the outside walls and swallowing the small UFOs that were hovering above. The entire building and the ships that had abducted us were now completely submerged in a thick column of smoke.

When the grey mist reached the top of the building, there was an explosion of energy that completely fried all electronics within the cloud. The UFOs fell out of the sky and violently crashed to the ground, killing everyone that was inside them, including myself. Suddenly, my vantage point changed again and I found myself regaining consciousness on the ground level of the crash site. I got up and surveyed the area. All of the people who had been abducted were sitting or standing in my vicinity, some engaged in quiet conversation and others peacefully resting. I realized that we were all dead, but I didn't feel any fear or negative emotions. In disbelief, I contemplated the strange event that I had just gone through.

I overheard some people talking nearby and approached them. One of the men in the group said that he saw the aliens while he was in the ship. They were orange and had large black eyes. As soon as he said this I

realized that this was the same group of beings that sometimes appears to me in the out-of-body state. I felt that these aliens were responsible for the mist that caused the ships to crash and I wanted to know why they did this. A moment after thinking this, a figure materialized in front of me. It was some kind of spirit or a holographic projection of one of the aliens, perfectly matching the description that the man gave!

I asked this being, "Why did you do this to us?"

The ET replied, "To set an example."

At that moment the experience ended.

A few questions come to mind when contemplating this dream. Was it an entirely subconscious fabrication, or was there something more substantial about it? Insights that I have gained from lucid dream experiences have informed me that dreams can be influenced and directed by higher-level beings, and not all dreams are completely subjective, but sometimes there are actual independently conscious entities involved.

There is actually a method that one can use to reveal which aspects of one's lucid dream are subconscious creations and which are elements of a consensus level of reality. When lucid, one simply states the intention for all subconscious manifestations to disappear, leaving only that which exists independent of one's own mind. Many times, elements of one's environment and certain dream characters will disappear, while others remain. Upon interacting with the nonphysical beings that are left after this shift, it becomes clear that they possess an intelligence that appears to be distinct from one's own, sometimes revealing information that seems to come from outside of one's own mind.

January 19, 2012

This morning I tried a new strategy for inducing an OBE that I had read about on the internet. I woke up after six hours of sleep and set an alarm to go off every 45 minutes after that. I would then fall back to sleep while mentally affirming that I would leave my body after each alarm. I slipped into unconsciousness after the first two alarms, but I remained conscious after the third alarm and smoothly shifted into a nonphysical focus as my body fell asleep.

Floating above my body, my vision almost instantly manifested, and the first thing I noticed was that my wife was out of body with me! We were

indoors at some unfamiliar location. We began to communicate by means of telepathy, although I could hear the conversation as if it was being spoken out loud. We agreed that it was amazing to be out of our bodies together having the same experience. I wanted to do something fun with her, and the first thing that came to mind was manifesting and shooting energy balls at each other. We both agreed, and not a moment later we were playfully blasting white baseball-sized spheres of energy at each other. However, I soon noticed that the energy balls that had been flying across the room had somehow changed to little packets of ketchup being fired from our hands! I was so caught up in the moment I didn't think much about it, but our game soon lost steam and we stopped.

I realized that the ketchup packets were probably a sign that I was slipping into the dream state, so I glanced at my hands to boost my lucidity. They had a grainy look and were darker than my normal skin tone. My consciousness instantly sharpened, and I turned towards my wife and rushed over to her. I grabbed her hand and we flew down a nearby corridor. I wanted to evoke the deepest love that we had for each other, so we embraced tightly and burst up out of the building and into the sky, overflowing with love. We maintained our position in the sky and proceeded to have astral intercourse. It was not like physical sex, but rather it was a merging of our energies, especially energy projecting from the root chakra at the base of the spine. It was far more intense than any sexual feeling of pleasure that I had ever experienced in my physical body.

After this intimate event, we found our way back home. The experience began to turn into a dream, and I eventually wound up in a classroom with some nonphysical acquaintances. I soon woke up in bed.

I continued to experiment with using alarms to induce out-of-body experiences, and concluded that they are an extremely effective means of producing them. The key is to remember that the purpose of the alarm is to attempt to project from the body and to set the intention of keeping the mind awake as the body falls back to sleep after each alarm. When the alarm goes off, one simply deactivates it and then allows the body to fall asleep while concentrating the mind so that it does not slip into unconsciousness. Ideally the alarm should be turned off with as little movement and sensory stimuli as possible. For example, keeping the eyes closed and only moving one arm to deactivate the alarm will help prevent

the body and mind from completely awakening, thus making the shift into an altered state of consciousness easier. This method presents multiple opportunities to leave the body every morning, although keep in mind that the constant sleep interruptions will usually disrupt one's rest and cause extra tiredness during the day. A more natural progression from this method is learning to recognize natural awakenings throughout the night and utilizing these brief periods of wakefulness for one's projection attempts, as most people awaken multiple times from sleep with very little awareness of the fact. This method will be expanded upon in further chapters.

April 13, 2012

Last night before falling asleep I made a request to my Higher Self to meet and interact with any aspects of my Higher Self that are extraterrestrial in origin, if there are in fact any. This morning I was dreaming that I was riding my bike down the street when suddenly, a UFO flew over from the distance and hovered directly above me! Then two more UFOs appeared out of nowhere, joining the first one. I was awestruck, but felt confident, so I screamed, "Take me!" All of a sudden, half a dozen more spaceships appeared.

At that moment I began to sense something disturbing me on another level of reality. I found myself shifting out of the dream and into my body. I immediately discovered the source of the disruption. I was in a state of paralysis looking up at what appeared to be an extraterrestrial standing over my body! It had the same appearance as the entities that normally contact me in dreams and altered states of consciousness – a large triangular head with big black eyes, a thin body, and pale orange skin. This being was bent over and reaching into my mouth! It had its hand and lower arm all the way down my throat! I could feel its fingers moving around inside me, but I could tell that it was my energy body that was being probed and not my physical body. I was extremely disturbed and snapped back to waking reality.

As I was drifting back to sleep, I slipped into a deep trance. Floating in what seemed like an infinite void, I sensed the presence of several beings around me. One of them began to communicate with me telepathically. Not only was I receiving thoughts, but I was also having visions that corresponded with the information that was being shared with me. I saw a map with coordinates on a computer screen as this entity told me that its

particular group of ETs have the exact location of my nonphysical energy body at all times, but they don't track my physical body or concern themselves much with the physical dimension. I asked what they looked like, and suddenly the entity appeared before me. It was a member of the same group of beings that I had been seeing for some time now and looked exactly like the entity that was reaching into my mouth moments before.

More information was communicated to me, but I began to lose focus and eventually slipped into a dream, although I thought that I had woken up. Sitting up in bed, I excitedly detailed the experience in my journal that I keep on my nightstand, only to wake up moments later having to rewrite the experience! As I logged the experience, I realized that there was some information that I couldn't recall but that I had remembered and written during the false awakening that I had just experienced moments before actually waking up. If I had awakened immediately following the communication rather than slipping into the dream state, I probably would have been able to remember more of the information given to me by the ET.

By this time, it was obvious that there was a correlation between my intent to contact extraterrestrial or extradimensional entities and the occurrence of experiences such as this previous encounter. Either my subconscious mind had become extremely receptive to my conscious mind's desires and was creating these experiences, or there were entities that were receiving my messages and making an effort to contact me. Despite my intuitive feeling that the latter may be the case, I can't say for certain which is true, or if perhaps it's a bit of both.

A majority of the false awakenings I have experienced involve me detailing my dreams or out-of-body experiences in my journal, for this is a habitual activity that I engage in upon awakening every morning. The downside to these experiences is that the longer I remain in the dream state, the more difficult it is to remember previous nonphysical journeys, so I usually end up writing things during the false awakening that I can't recall when I actually wake up.

CHAPTER TEN
A Guide to Purgatory

July 12, 2012

This morning I had a dream that I was being confronted by an old friend of mine in an extremely unkind, aggressive and unreasonable manner. We were out on the street in an unfamiliar neighborhood on a nice day. I can't recall exactly what his motivation was, but he was trying to harm me, both mentally and physically. He was screaming insults at me and physically attacking me, pushing me and throwing punches. The danger of my situation caused a sudden burst of lucidity, and I found myself fully aware in the dream.

Although I knew that I was dreaming, I was determined to rectify the situation I was in. I calmly and compassionately explained to him why he was acting wrongly and how he could change the way he was feeling, behaving and perceiving the situation. Unfortunately, despite what appeared to be divine inspiration that seemed to radiate from my heightened state of consciousness, my best attempts at using logic, reason and kindness didn't change my friend's resolve to harm me. He pushed on, aggressively approaching me while throwing both verbal and physical blows. I finally snapped and screamed at him with all of my might and willpower, commanding him to stop. It was an internal explosion that instantly shifted my energy into a lower, negative vibration. Suddenly full of rage, I realized that I had let my emotions and habitual tendencies overcome me and I was no longer in a position of spiritual strength and power.

I immediately shifted back to an energy of love, raising my consciousness to an even higher level than it was before. I suddenly became aware of the energy of everyone around me. I directly experienced the knowledge of each dream character's purpose, as well as the reason for the collective interaction of all who were present, including my friend, the bystanders walking by, and even the individuals I had encountered in previous and unrelated parts of the dream. I understood that the purpose of this dream was to help me better deal with people that are overcome by

negative and harmful mental states, and to help me control my own mind and emotions.

My friend ceased his efforts to attack me and I flew away. I noticed some people hanging out in front of a building several blocks away and approach them. I immediately realized that these were my friends, although I don't know who they are in the physical world. They didn't witness the previous situation, so I proceeded to explain what had happened. However, I stopped when I suddenly received an insight that seemed to come directly from my Higher Self. This knowledge came into my awareness from a higher portion of my mind that I realized I'm not usually aware of, but I understood that this aspect of my self contains unlimited knowledge, wisdom, and power, almost like a direct link to God. I was told that there was no reason to explain the situation, as everyone in the dream shared a telepathic link and knew everything that had just occurred. I wasn't just told this knowledge, but I experienced the concept directly.

It's commonly believed by spiritual thinkers that the purpose of dreams is to provide the person with learning opportunities by creating illusory situations in which one's preoccupations, fears, personal issues, and "demons" are exposed and confronted. It often seems like the aspects of my self and the areas of my life that need the most work are brought to the surface, and I'm usually faced with the choice of either allowing my unskillful habitual tendencies to dictate my behavior, or resisting them and acting from a place of wisdom and compassion. The firsthand insight that I received from this previous lucid dream confirmed this theory.

December 3, 2012

This morning I woke up early and attempted to project from my body. I meditated for about 15 minutes, progressively getting deeper until I reached the projection trigger point which is characterized by a deep internal sinking sensation followed by a feeling of expansion. I shifted into another dimension and found myself on a planet that appeared to be Earth in its prehistoric years. The landscape was rich and diverse, with mountains, lakes, and a vast expanse of exotic vegetation and trees as far as I could see. Huge dinosaurs and other extremely large animals populated the area, all roaming around oblivious to my presence. I seemed to still have partial

awareness of my body, and after a short while exploring this alternate reality, I phased back into my body.

I wanted to continue exploring and set the intention to go to a heavenly realm accompanied by an angel. As I shifted from my body, the blackness that engulfed my visual perception suddenly turned white and I emerged into a beautiful blue sky with pearly white clouds all around me. There was a feeling of true freedom and wonder bursting within me, and I could sense that there was a presence nearby, although I couldn't see anyone.

I descended down into a building that I was drawn to by an unknown force. I found myself in a poorly lit room that looked like a cross between a dungeon and a laboratory. In the center of this room was an unusual 6-foot-tall machine that was spinning in place. It appeared to be some kind of advanced technology unlike anything I had ever seen. At that moment I looked at my hands to ground myself and ensure that I maintained a high level of lucidity. My hands appeared more vivid and real than they do in the physical world.

There was a man wearing a suit and tie standing next to this machine. My intuition told me that this man had built it. He was holding a large book that seemed to be quite old. It almost looked like an ancient holy book, and I got the feeling that it contained some kind of secret esoteric knowledge. I tried to read the cover of the book, which was facing me in the man's hands. However, this proved to be a nearly impossible task, as the letters were in a constant state of transformation, randomly changing from one letter or symbol to another! After a few moments of trying to read the cover, I mustered up the highest level of concentration that I could attain and the words finally came into focus. It read, "A Guide to Purgatory." I then noticed that this man had writing all over his suit. The letters and symbols that covered his clothes were printed in a large font that seemed to glow. I got the feeling that there was some kind of magical or supernatural purpose for this writing.

I left this room and explored the rest of the house. Oddly, the man in the suit quietly followed me everywhere I went. I sensed that he was somehow a friend of mine. As I was floating up the staircase to the second floor, I noticed a painting on the wall. It was an image of a couple lounging by a lake on a beautiful day. Almost without thinking, I jumped right into the painting! My visual perception of the scene got closer and closer until I reached a point where I was no longer approaching the image, but rather I

was now within the scene. I looked around and was amazed by the fact that I was actually in a fully manifested reality that looked exactly like the painting. The couple was a short distance from my side and the landscape was just as beautiful as depicted in the painting.

I wanted to get back into the house, as I believed there to be more interesting things to explore there than in this pseudo reality. I turned around and placed the intent to exit the painting, and with a feeling of movement and a momentary dimming of my visual senses, I found myself back in the house. I looked at my hands to optimize my level of awareness and continued exploring.

I continued up the stairs and approached a mirror that was hanging on the wall in the upstairs hallway. With a burning desire to explore everything I could, I jumped right into the mirror. I found myself in a place that is very hard to describe. The environment seemed to consist of a metallic substance, including the empty space between objects. I lost awareness of my energy body as soon as I entered this mirror dimension. Curious to experiment with the physics of this place, I did a flip maneuver. Oddly enough, I automatically performed the exact opposite movement immediately after my initial maneuver and was spit back out of the mirror! It was like I was moved by a force beyond my perception. I intuited that any action done in that dimension automatically produced the opposite effect.

The man was waiting for me next to the mirror as I emerged back into the house. I knew his name without actually having any dialogue with him, as if I had received this information from a higher source. I flew over to a nearby window and saw that it was absolutely beautiful outside. I passed through the window and flew up into the open sky. I was overcome with a feeling of freedom and awe as I soared through the clouds, doing all sorts of spins and flips in an expression of my ecstatic state of being.

I made my way back down to the ground where my friend was waiting for me. I began to feel more and more like he was my guide. We began to have a conversation while walking down the street, and he told me that we were going to see a friend of mine. As we were walking, I realized that I had to make an effort remember this experience, as it seemed like I had been out of body for quite some time at that point. I began to excitedly outline the events of my journey in my mind with the intention of remembering everything that happened.

My guide told me that there was someone he wanted me to see, and led me into a house nearby. We entered the house and there was a family sitting in the living room, engaged in conversation. It was an older man, a young woman about my age, and a younger boy. I instantly felt a connection with the woman and without thinking I went over and hugged her. There was a strong feeling of love exchanged, although it was not a romantic love, but rather that of a close friend. I knew we shared a bond on some level, although strangely enough, I had no idea who she was. We began a conversation that consisted mostly of her catching me up with what was happening in her life, and she informed me that the man who had led me to her house was actually her friend. It began to seem like we all knew each other, although I was unaware of where this connection was rooted.

Shortly after starting the conversation with her, I realized that I needed to get back to my body so I could record the experience I was having. Otherwise I knew I would begin to forget, as it seemed like quite a bit of time had passed since I initially left my body. Without saying goodbye, I shifted inward with my intention in place and found myself instantly back in my bed.

It's interesting how the intention that I set to experience heaven and meet an angel manifested into an encounter of this unusual man holding a purgatory guidebook who proceeded to follow me around as I explored the particular dimension that I found myself in. It's clear that there is a strong relation between intention and what is experienced in nonphysical reality, but at times the process appears to be inconsistent. It seems that sometimes my out-of-body experiences manifest exactly as I intend them to, while other times the experience is quite different from what I ask for.

There may be several factors influencing the direction that my OBEs take after stating an intention for the experience. One of these factors is the strength of the intention and the clarity of consciousness while placing it. Stronger intentions and higher states of consciousness greatly impact the manifestation of one's desires in the out-of-body state. Another factor is the specificity of the intention itself. General statements of intent will leave more room for interpretation, and give the subconscious or higher mind a wider range of possibility from which to manifest. As an example, perhaps when I made the request to experience heaven, my subconscious mind took this as simply being a higher nonphysical dimension, which is what I seem

to have experienced, as opposed to a realm of more of an abstract and divine nature, which is what I actually wanted.

A third factor to consider is one's beliefs and interpretations regarding what is experienced. Most people believe angels to be graceful beings in white robes with wings and a halo, so most would probably be let down by the appearance of the man I encountered during the previous experience. However, it could be that an angel is simply a nonphysical being that serves others without necessarily conforming to a standard image or dress code. The fact that the man served as a guide for me could be interpreted as meeting the criteria of an angel, although his appearance would most likely fool those expecting a particular stereotype.

I have found that the most ideal time for setting an intention in order to influence the manifestation of a particular type of nonphysical experience is during the projection process and the moments immediately following separation from the body. Usually during this time, I seem to be in an in-between state in which I have no visual perception for several seconds, until finally I phase into a particular nonphysical realm and my environment manifests. Taking advantage of this initial period in which one is shifting from the physical plane and is not quite grounded in any one dimension yet has proven to be a very effective time to set intention, although it can also be done before the projection or after one is already immersed in a nonphysical reality with varying results. Setting intention before leaving the body is ideal as a preliminary reminder to set the intention again once in the out-of-body state, but one's connection to the subconscious or higher mind is stronger when free from the body and thus this is the ideal time to request one's desires.

There are times when I state my intention while exiting the body and I find that my wish was not granted, but rather I'm in a nonphysical environment totally unrelated to my request. In higher states of consciousness while out-of-body and fully grounded in a nonphysical realm, declaring my intention tends to lead to the manifestation of the desired experience more so than when in lower states of consciousness. In the case of the latter, the best course of action is to retreat inwards, shutting out all sensory perceptions, while performing an interdimensional translocation technique and simultaneously stating one's request with great enthusiasm and desire.

Some of these translocation methods have already been described, such as rapidly spinning in place and flying at an extremely high speed, as these actions tend to warp the person into a higher dimension. Other variations include jumping through a wall or into the ground, falling backwards, or simply visualizing the desired location, individual or experience. One of the keys to succeeding with these techniques is having a firm belief and confidence that the intended experience will manifest. Doubt is a very powerful limiting factor in the out-of-body state.

April 8, 2013

I woke up this morning and instantly slipped into a deeply altered state. I still occupied the space of my physical body, but my consciousness had shifted to a higher level. I was able to see the room around me through closed eyelids. It seemed like I had super vision, as every bump, pore and mark on the ceiling was clearly visible, as if I was examining it through a magnifying glass. Suddenly, a blue light that glistened like a crystal projected onto the ceiling, forming various geometric shapes and symbols. These various light forms began to transform from one shape to another in rapid succession, and at times they would even combine with one another to form various humanoid silhouettes.

After a short while of this light display, I intentionally shifted deeper and fell backwards out of my body. The moment I began falling, a force seemed to draw me to the left. I drifted to the side for a few moments, and then I was free to move about as I pleased.

I was initially unable to see anything, although I was able to sense my surroundings as if I knew what was there without being able to see it. I waved my hands in front of my face, and I was actually able to see them. Strangely, my hands were a darker shade of black than the space around me. The void I was in actually seemed to be dark grey compared to the deep black color of my hands. My fingers were misshapen, a few of them were missing, and my fingertips were sharp and pointed like some kind of monster's hands.

My vision began to manifest and my bedroom slowly appeared around me. It appeared just about the same as it was in the physical world. I left my room through the window and emerged outside on a sunny day. The sky was a brilliant shade of blue, brighter and more vivid than any color I have seen with my physical eyes. I decided to go to the beach, which was right down

the street view, but instead of flying there the old fashioned way, I decided to try something different. I reached my awareness out to the location I wanted to go, and I was instantly there! It was like I had teleported there by stretching my awareness into the distance with the intention of arriving there immediately.

Excited about having learned this new form of travel, I flew into the ocean and could feel the density of the water as I passed through it. I dove under, and although I knew I was out of my body, I was almost instantly overcome with the urge to breathe as if I had been holding my breath. I flew over to the condominium where I lived and landed on the edge of the roof overlooking a parking lot. I noticed a group of four young adults walking towards the entrance of the condo and jumped off the 10-story building, landing in front of them. They were amazed that I had jumped from such a height and survived, talking among themselves about what I had just done with excitement and disbelief. I thought it was interesting that they didn't realize I was out of my body, and pondered the state of being that they were experiencing.

I followed them into the building, through the front lobby and into the elevator, where a strange man was waiting for us. The elevator doors closed, and suddenly everyone disappeared except for the man who was already in the elevator. He began talking to me about one of the guys I had entered the elevator with. At that point my consciousness began to weaken and I found myself back in my body.

The shapes and symbols which appeared in blue light on my ceiling were similar in nature to my past experiences with these symbols manifesting in higher realms and altered states of consciousness. This seems to be some type of archetypal experience whose meaning is currently beyond my ability to comprehend. I don't believe these symbols are random, however. They seem to contain an intelligence and power of their own.

During this period of time, I underwent nearly the same projection experience almost every time I left my body. I would fall backwards out of my body, and then a force would cause me to drift to the left. There would be absolutely no intention involved, but rather this seemed to happen spontaneously as I shifted into a deeply altered state. There was no longer a

need to use a separation technique or try to get out of my body, as it now happened automatically.

My experience underwater demonstrated the powerful influence that beliefs and conditioning have on the nature of one's experience in the out-of-body state. Even though I intellectually knew that I didn't need to breathe and could navigate through the ocean without having to hold my breath, it seems there was a deep level of subconscious programming that caused my reaction of feeling like I needed to breathe.

May 29, 2013

This morning I briefly woke up and slipped into a deep trance while lying on my right side. I suddenly began to hear a lady speaking about spirituality with crystal clarity. Her voice soon faded out as I felt my energy body begin to loosen. I started rocking back and forth like I was in a hammock. The feeling of movement was so pronounced that I couldn't tell if it was my energy body or my physical body that was moving! I soon rolled completely out of my body and began spinning around haphazardly, twisting around in all directions at a high speed.

When the spinning stopped and I regained my bearings, I found myself in a black void and knew that I could go anywhere I wanted by simply stating the intention. I mentally screamed, "I want to help someone!" I felt a burst of motion and suddenly found myself in deep outer space, flying at an incredibly high speed! I wasn't aware of having an energy body, but rather I appeared to be a point of consciousness. As I was shooting through space, my awareness split and a man's face appeared to me. A majority of my consciousness was whizzing past countless stars in outer space, while another part of my awareness seemed to be elsewhere in the presence of this dark-haired man. He was speaking to me, but I can't recall the nature of his message.

I soon arrived in a large room full of young adults. They appeared to be involved in various activities and enjoying themselves. I noticed that I was with someone, and realized that it was the same man I saw in space when my awareness was split. We walked to a pay phone that was against one of the walls of the room, and the man instructed me to call someone. He told me I was going to call a person who needed my help.

I picked up the phone and made the call as per his instructions. A female answered the phone and began talking to me. I was unable to focus

strongly enough to make out what she was saying. I had to ask her to repeat herself at least five times before I started to understand what she was saying. She told me who she was and where I was to meet her. At that moment I shifted back into my body, as there was a disturbance in the physical dimension that caused me to wake up.

Trying to understand the girl on the phone was very similar to trying to read small print in the out-of-body state with a weak level of conscious awareness. The letters are very unstable when perceived in this state and almost impossible to make out, as they appear to be in a constant state of change. It was a similar experience trying to comprehend the words that were being spoken over the phone. I believe this was due to my inability to maintain a strong and stable level of conscious awareness. The ideal course of action would have been to intentionally heighten and strengthen my awareness when I realized it was fading, as this likely would have clarified the communication taking place.

CHAPTER ELEVEN
Shadow Beings, ETs and Jesus

July 8, 2013

This morning I used the WBTB technique to attempt to induce an OBE. I put on my iPod and listened to a Hemi-Sync track from the Monroe Institute. I quickly sank into a deep meditative state and soon clicked out. I entered the dream state and had a dream in which I was able to acquire superhuman powers by absorbing electricity from power lines, grabbing the wires with both hands and essentially electrocuting myself. After flying around the city draining the streets of energy, I made my way into a nearby mansion to find another power supply. I found a source of electricity inside and charged up so powerfully that it actually awakened my conscious mind and I found myself in a full-blown lucid dream! I screamed out "I'm dreaming! I'm out of my body!" as loud as I possibly could. My voice echoed throughout the enormous home.

I flew through the walls of the mansion and out into the night sky, which was a beautiful sight. The moon was large and bright among an infinite array of stars. I looked at my hands to retain my lucidity and touched my face. My hands didn't disappear and my face felt just as real as it does in physical reality. I then proceeded to stick my fingers into my mouth, and actually jammed my hands down into my throat! My hands seemed to conform to the shape of my mouth and throat, although there was no sensation of wetness that would be expected if done with the physical body, and there was no gag reflex either.

As I began to fly up into the upper atmosphere, I noticed a strong sensation of energy underneath my feet as if I was on an invisible platform that was propelling me upwards into the sky. After a short while of aimlessly flying and exploring, I made my way back to the ground. A ringing telephone soon caught my attention, and I traced it to a pay phone that was on the sidewalk nearby. I answered the phone, and to my surprise, it was my boss from work! Curious as to why he was calling me, I discovered that his purpose was to issue me a warning. He told me that I shouldn't use electricity to gain powers. He advised that I acquire these

powers naturally through spiritual practice. I agreed with him, and explained that I was simply experimenting and trying something new. Soon after this I woke up.

I contemplated the conversation I had with my boss towards the end of the experience, and my intuition told me that it was actually a message from my Higher Self. I believe that my boss represented a higher power, experienced and wise, and the electricity represented the Hemi-Sync that I had been using to assist my out-of-body travels. Perhaps I was being told that I shouldn't rely on external or artificial means for inducing these experiences, and this highlights an important point when it comes to spiritual practice and development. It's always best to develop one's abilities and skills in as natural a way as possible. Becoming reliant on a tool or aid runs the risk of developing dependency, which is never ideal. This leads to attachment, and one's progress then becomes contingent on external conditions, which are impermanent and uncontrollable by nature and thus ultimately unsatisfactory.

By developing a spiritual practice solely using one's internal resources, the practitioner discovers a potentially inexhaustible source of strength and power that is independent of technology or other temporary external means. This means developing wholesome and skillful qualities of mind, such as concentration, peace and tranquilly, compassion and understanding, discernment, and wisdom. Cultivating these qualities not only gives one the inner tools to overcome any challenge and succeed in one's endeavors, but it provides the insight into what thoughts, beliefs, intentions, actions and practices actually lead to real growth and which are merely games and distractions. Not all spiritual practices are cut from the same cloth, and not all lead to the same destination.

August 24, 2013

This morning I used the WILD method to induce an out-of-body experience. I refrained from using Hemi-Sync in accordance with the message I recently received in the out-of-body state from what I believe was my Higher Self. The process of leaving my body, from the time I lay down until the time I projected, was actually quicker than usual without the audio aid.

I shifted out of my body into darkness. I felt the presence of several beings around me, and within moments, two or three large shadow beings appeared in front of me! They looked like tall three-dimensional black silhouettes. I initially reacted with fear, as I didn't know the nature or intentions of these beings. However, I quickly overcame my fear and placed trust in my Higher Self that I would be unharmed, having faith in the spiritual power that lies within the core of my being.

One of these shadow beings approached me and reached its arm out, touching my own energy body arm. At the moment of contact, I experienced an extreme energetic surge that shot throughout my entire chakra circuit! My whole energy body was buzzing with a very intense yet pleasurable energy for about 15 seconds. During this time the shadow beings vanished and I phased into an environment resembling the physical world, although it was nowhere I recognized.

The energy subsided, but I wanted to experience more of it. I focused my awareness inward with the intention of activating this energy within my energy body, and my navel chakra exploded with an unimaginably powerful force that instantly spread throughout every energy pathway in my energy body and penetrated the very core of my being. It felt like I was bursting with bliss. After several moments in this state, I had to pull my focus away from the energy, as it was becoming too strong for comfort. I focused my awareness on a location in the distance and the energy soon subsided.

As I began to explore the environment, I noticed that my energy body was still extremely sensitive from the previous experience. Just one moment of focusing my awareness inward into my energy body and again I exploded with this intense ecstasy. It was too much for me to handle and again I had to divert my attention away from the energy. After roaming around a while longer, I willingly went back into my body to record the experience.

I believe this experience occurred because of something I read the day before about the amplification of the mind's powers during OBEs, and particularly the increased ability to activate the energy body. I didn't have the conscious intention to experiment with energy activation before the experience, but I believe that the idea had become implanted into my subconscious mind and manifested during the projection. The shadow entities seemed to be waiting for me as I emerged from my body, and the connection with what I had read and the experience that these beings

seemed to have caused by touching me indicates that perhaps they were somehow called or drawn to me to induce this experience. It's possible that my Higher Self manifested the experience, or attracted those entities to me for the purpose of demonstrating the higher states of energy activation that are possible while out of body. I believe it's more than a coincidence that I had just been contemplating this exact concept less than 24 hours before the experience happened.

This experience also indicates that there is indeed an intelligence guiding these shadow beings. I wouldn't necessarily group all entities that have this dark shadowy appearance to be of the same origin or nature, as perhaps their colorless and featureless body is more of a perceptual issue on my part. Perhaps their true appearance is much different from what I'm able to see. I can't say for sure that all shadow beings are intelligent conscious entities, but the one who helped release the energy within me certainly seemed to be. Whether they were independent sentient beings or simply manifestations of my Higher Self is another story, although my intuition tells me that the former is the case.

November 30, 2013

This morning I attempted an OBE without the use of Hemi-Sync, again following the advice of my Higher Self. It took even less time to project than it did the last time. I shifted into a deep trance, and almost instantly felt a pull on my ankles, as if someone had grabbed them and began tugging. This force seemed to be gently pulling and pushing, causing me to sway back and forth, swinging progressively farther with each pull. Suddenly, this force increased its strength and I was yanked right out of my body!

I found myself in a large, unfamiliar room with an extremely high ceiling and immediately requested guidance from my Higher Self. I didn't immediately receive any kind of answer or indication that my message was received, but throughout the duration of this experience I felt the presence of two beings alongside me, and at times they actually carried me by my arms from place to place! Their presence came and went sporadically, along with their assistance in transporting me to various locations.

I flew outside through the wall and dove into a large pool that was in the backyard of this property. When I was under the water, the urge to breathe was initially overwhelming. It felt like I was holding my breath and needed air. However, after a few moments I conquered this false belief and

became completely comfortable underwater without feeling like I needed to breathe.

I verbally asked to be in the presence of Jesus Christ, and suddenly the two guides who were with me grabbed me from under my arms and pulled me up into the sky! As our speed increased, my vision blurred and darkened until I was surrounded by blackness. We stopped moving and I could no longer sense the guides near me. I kept my intent focused on meeting Jesus, and suddenly I felt a strong presence appear before me, although I had no vision and couldn't see who it was. The moment I felt this presence, my throat chakra burst open, radiating an intense and powerful energy. This energy activation caused a split in my consciousness and I became aware of my etheric body back in bed, which was overcome by this incredible energy in the throat. My intuition told me that this energetic event was related to Jesus in some way, but I was unsure how.

I returned back to my body, although I didn't fully reconnect to it. My energy body arms began to rise and started gently swaying back and forth. I suddenly heard a giggle and realized that it came from my wife, who was sleeping next to me. We began to telepathically communicate, and the first thing she said was how funny it was that my arms were floating. We had a short conversation and I understood that I was communicating with a deeper aspect of her mind. I was sure that she wouldn't recall the experience.

I soon slipped back into the astral and continued my journey, which turned out to be such a long and intricate adventure that I was unable to recall the majority of it. I have vague recollections of various encounters and interactions with nonphysical entities in otherworldly locations, but nothing concrete enough to put into words.

My next solid memory was a meeting with a group of people in the out-of-body state, one of which was a man that I intuitively knew was another aspect of my Higher Self. The moment I saw him, I experienced a merging of our beings and the knowledge was imparted to me from a higher source that we were one in a deeper level of reality. It was like my consciousness was split and I was now two separate people, and yet I simultaneously experienced a deeper level of being in which we were unified. This man looked like a normal human for a few moments, but to my surprise, he suddenly transformed into a giant unicorn! I now experienced myself as this unicorn, and had a vantage point that was unique to this particular being,

along with memories of my life as this entity. My entire personality and the nature of my mind were completely altered in a way that is almost impossible to describe, but I knew that this was the state of being that this unicorn experienced. I was informed by my Higher Self that this entity represented the female aspect of my being.

I eventually found myself back in my body, but easily projected back out with the intent of visiting Jesus again. I was unable to see anything, but a loving presence entered my awareness almost instantly after making the request. A moment later, my throat chakra exploded with energy, just like it did earlier, and a silhouette of what appeared to be the face of Jesus manifested in my vision. Then I suddenly found myself reliving various moments of my life, as if I was watching scenes from my past from a first-person perspective. Interestingly, these weren't moments from the life of the person I currently know myself to be. I was experiencing memories of myself from another lifetime! I had completely different friends and relatives, lived in different locations, and experienced different circumstances and life events that were all undoubtedly mine.

This was not the first time I had been pulled out of my body by my feet. I actually remember being yanked by my ankles in the trance state when I first began projecting, but I was overcome with fear and resisted. I was afraid that extraterrestrials or some kind of evil spirits were trying to take me. This most recent occurrence was the first time that I experienced this assistance since then, but it certainly wouldn't be the last. Whatever was responsible for pulling me out of my body would continue to make regular appearances. Perhaps it was some kind of spirit guide or helpful entity assisting me out of my body. Maybe this helper first made an appearance all those years ago and decided to wait until I was ready to accept its assistance without fear.

The fact that my throat chakra became active both times I attempted to reach out to Jesus Christ is probably more than just a coincidence. The throat chakra is said to represent speech, creativity, self-expression, and truth. Perhaps there was some kind of healing or developmental process being initiated during these experiences.

January 4, 2014

I drifted into an altered state this morning with the intention of leaving my body. I didn't repeat any affirmations like I usually do while setting intention, as my motivation to project from my body wasn't particularly strong. I soon lost sensation of my body and shifted into an awareness of my energy body, which was pleasantly buzzing with gentle vibrations. I almost immediately became aware of three entities standing right next to me. I couldn't see them, but their presence was apparent. While this was taking place, I simultaneously slipped into a light hypnagogic state in which visions of extraterrestrials appeared in my mind's eye. Not wanting to react fearfully, I cultivated a feeling of love and projected it to these beings.

I then phased out of my body and found myself floating above my bed. I instantly realized I wasn't alone as I looked across the room and found an extraterrestrial standing near the door! It looked just like the alien beings that I've encountered in the past, with large black eyes, a triangular head, and a long, thin body. I was startled, to say the least! I retreated back into my body, but almost immediately shifted back out.

To my relief, the alien was no longer in the room. After a few moments of peace and stillness, a square opening manifested on my bedroom wall and a radiant, bright light came through from the other side. My intuition told me that it was some kind of interdimensional window. Suddenly, a figure appeared on the other side of the wall, and I immediately recognized it as the same entity that I had found standing in my doorway during my previous projection! Again an uncomfortable feeling of tension arose within me and I willed myself back into my body.

I fell asleep and had a related dream. In my dream, I was lying in bed when suddenly I shifted out of my body. Interestingly, the sensations and the heightened awareness of this dream-based OBE were identical to any other normal projection. To my unpleasant surprise, there was an alien waiting for me at the foot of my bed. It scared me speechless and I woke up, although I was actually still dreaming! Suddenly, a telepathic link opened between me and the extraterrestrial that I had just fled from. It seemed as if an entire group of beings was communicating with me. I was not just receiving thoughts, but they were also sending mental images into my head. They showed me technology they had developed to help the human race. This futuristic spherical device visually manifested right before me. It contained the entire history of Earth from the moment of its creation, along with a record of every bit of information contained by every conscious being

in history. I was shown the inner workings of this device, almost as if I had direct access to the mind of this technology. My memory ends at this point.

I was disappointed with myself for ruining a chance to communicate with the alien being that came to me in the out-of-body state. Apparently there were still some unresolved fear issues that needed to be addressed. Perhaps these beings desired to contact me but had no luck in the out-of-body state due to my fearful reaction, so they visited me in my dream state, as I seemed to be more willing to communicate with them in dreams.

February 26, 2014

This morning I was lying in bed after awakening and almost immediately shifted into an altered state. Suddenly, a barrage of visions flashed in my mind's eye in rapid succession. Images were coming and going at such a fast pace that I couldn't focus on any one for long enough to fully process it. The visions finally stopped, and at that moment I felt a presence nearby. Just then, the face of a large-eyed extraterrestrial appeared in the darkness before me, and I intuitively felt that this vision was a representation of the presence that I felt next to me.

At that moment I gained astral sight and the room around me appeared through my closed eyelids, and to my shock and horror, an alien was bent over my bed with its face less than a foot away from mine, staring right at me! Its head was twitching and jerking from side to side like some kind of robot with a glitch. I was deeply disturbed and instantly retreated back to my normal waking state.

I slipped back into that same deep meditative state multiple times, sensing entities all around me each time. I resisted going too deep, as I didn't want another face-to-face encounter with these frightening beings. I eventually fell asleep, but my experiences with ETs didn't end there. In fact, I had multiple encounters with aliens in the dream state.

In the first dream, I was among a variety of different extraterrestrial species. Some were the grey types, some were smaller goblin-looking beings, and some looked more like humans. These entities communicated that they all shared a vested interest in me. They informed me that I was "the one," the first and possibly only human who had the power to change the world through my spiritual and psychic abilities.

In a later dream, I was in my family's old house. I heard my sister scream from her room, and when I got there she told me that there was an alien in her closet! My first instinct was to flee, and I instantly ran out of the room. Knowing that I should be stronger and braver, I calmed and collected myself, eased my fear, and approached my sister's room again. As I passed through her door, a five-foot-tall ET jumped out of the closet and charged directly in my direction! I surrendered all fear and opened my arms as the alien ran into me and wrapped its arms around my torso. As we embraced, I felt its fingers dig deep into my back, which immediately caused an incredibly intense shockwave of energy to blast through my spine and throughout my chakras! It was blissful but at the same time it was also slightly painful due to the intensity of the energy and how deep its fingers went into my back, as if they were actually inside my body. After several seconds I intentionally ended the experience, as the energy was becoming too much to handle.

Interestingly, my dreams that involve extraterrestrials always seem different from my normal dreams. There is usually a higher degree of clarity and awareness present, even though I'm not always lucid or aware that I'm dreaming. There is also a great deal of very real energetic phenomena that takes place, something that almost never happens during normal dreams. These energy activation events are usually a direct result of the extraterrestrials affecting me in some way, usually via direct contact. It's possible that these beings are assisting me in the development of my energy body system. I also tend to receive information and knowledge from these ETs that I don't commonly experience during the average dream.

The energy I experience from these extraterrestrials in the dream state and in other altered states of consciousness is almost identical to experiences I used to have when I was a young boy. As a child, I would find myself in a dream or altered state of consciousness with an overwhelmingly intense and deeply uncomfortable energy concentrated in my root chakra area. I never knew what those energetic experiences were, but I have a feeling they may be related to these current energetic events that occur as a result of this alien influence in my dreams.

March 9, 2014

I was in a deep meditative state and shifted into my energy body. I internally requested to contact Jesus, and I was instantly propelled upwards at an extremely high speed as rays of rainbow colored light flashed down around me. As I ascended higher and higher, I realized that there was someone else with me. As I became more aware of this other being, we began having a telepathic conversation. I felt deeply connected with this being and knew we were kindred spirits on some level.

We stopped rising, and I suddenly experienced a stream of loving energy enter the core of my being. At this point I was unable to see my surroundings, but I felt a massively loving presence approach me. Within moments my vision manifested and I was completely awestruck to find Jesus Christ floating in front of me! Next to him was my friend who I had previously been telepathically communicating with. We were in a dimension of pure energy and light, floating in a radiance of peace and love.

I had so many questions for Jesus and was intent on obtaining any and all knowledge from him that I possibly could. I almost immediately noticed that there was no communication directly between Jesus and myself. I would ask Jesus a question, and my friend would then repeat the question to Jesus. Jesus would then communicate the answer to my friend, and my friend would tell me what Jesus said, although I seemed to be able to hear and understand Jesus just fine without my friend's help. I soon questioned this, wondering if Jesus couldn't hear me or if he was ignoring me.

The information that came from Jesus's response wasn't just words, but I actually had a direct experience of truth. Jesus said that he wasn't used to me reaching out to him. Rather, he normally only talks to my friend. At this moment it was like a veil was lifted and I experienced the realization of the fact that my friend was actually a manifestation of my Higher Self! Our connection was revealed and all was made known to me. I was overflowing with joy in the experience of my higher spiritual nature and the insight of my relationship with both my Higher Self and Jesus Christ, as I learned that my Higher Self is actually very close with Jesus. The experience ended with this revelation.

Around this time, the desire had grown within me to discover the truth about Jesus Christ. Was he real? Was he the "son of God?" Why should I believe in him? So many people have faith in Christ, and yet it seemed like so few actually had any tangible experience to justify this belief. I'm not

one to put blind faith in anything, and so if I was going to jump aboard the JC train, I first needed some firsthand insight into his nature. It seems that this experience provided the insight that I was looking for, although many questions still remained unanswered.

The dimension that I ascended to during this experience was of a divine and heavenly nature unique to any nonphysical realm I had experienced before. I had an intuitive feeling that this place was Jesus's home dimension. Although I didn't retain the details of the entire dialogue, I did leave the experience with the direct knowledge that Jesus Christ does exist and that he is a being of incredible power and love. I also learned that my Higher Self has an active existence in higher spiritual dimensions. It's not just hanging around passively watching me live my life on Earth. It seems that my Higher Self is fully operational at all times, although my conscious mind is unaware of these activities. I discovered that on a higher level of consciousness, I have an intimate relationship with Jesus Christ, and so it wouldn't surprise me if my Higher Self was involved with a whole list of other higher-level spiritual beings as well.

CHAPTER TWELVE
Bliss, Death and Love

August 13, 2014

I slept only three hours last night due to traveling, and went back to bed for a nap around noon. I immediately slipped into a deeply relaxed meditative state, and within a couple of minutes, a strange phenomenon began to take place. It felt like I was collapsing into myself, while at the same time an unusual energetic sensation manifested in my ears that caused a noise that I've never heard before and can't quite explain. Most noticeable of all were surges of blissful energy that started shooting throughout my body. These surges lasted for several seconds, after which I would will myself out of the state due to its intensity. I was able to bring about these sensations at will, and did so continuously for a short while.

I soon noticed a presence at my feet. At this point I was shifted somewhat from my body but wasn't fully separated. I suddenly felt two hands grab my ankles and I was pulled right out of my body! I had no intention of having an OBE, but apparently whoever pulled me out thought it would be a good idea. I found myself floating freely above my body, but the entity that brought me into the out-of-body state was nowhere to be found.

It wasn't long before I was back in my body. I immediately shifted back into a deep state of consciousness and suddenly heard a woman's voice. It was initially faint, but grew louder as I slipped deeper into a trance. She was asking me for help. I understood that she needed assistance with a spiritual issue, but I soon phased out of this state and didn't receive the rest of the message. I immediately induced a deeply altered state and shifted from my body again.

I proceeded to have a series of back-to-back projections, but they were of a different nature than most of my OBEs. They seemed to be pure projections of my mind, with absolutely no exit sensations and no experience of an energy body. I was simply a point of consciousness, although at times the image of a body would manifest in my field of vision. Even so, there was no feeling of an energy body, but rather it seemed to be a

purely thought-created image with no underlying substance. There was also a mind split effect that took place, as I retained partial awareness of my etheric body which was back in my bed during these projections.

An interesting phenomenon occurred during these mental projections. Certain events that took place in these dimensions caused energetic reactions in my etheric energy body. During one projection, I was in an otherworldly dimension that looked like something out of a creepy fairy tale. It was a lush environment with forests, mountains, rivers, and a deep orange and red cloudy sky. It was a beautiful place but had a dark and dangerous vibe to it. I noticed something moving in the distance, and was shocked to find that it was a 300-foot tall creature that looked like a giant demon! Looking around, I realized that this place was populated by these huge monsters. As I cautiously navigated around the terrain, one of them noticed me and began to chase after me! I flew up into the sky to try to escape but wasn't fast enough, and the creature reached up and grabbed me! Because I didn't seem to have an energy body, I didn't actually feel anything in the out-of-body state. However, when this monster grabbed me, my etheric body back in bed had an extreme energetic reaction – an enormous burst of energy exploded in my root chakra and jolted straight up my spine! It was so intense that I was immediately snapped back into my body.

I experienced this connection between my consciousness engaged in these mental projections and my etheric energy body in almost every one of the many different dimensions that I phased into throughout this series of OBEs. This usually involved some kind of activity or contact in the nonphysical reality I was immersed in, followed by a strong energetic activation in my etheric energy body corresponding to what was happening out of body. This experience served as evidence that there is a strong link between the etheric body and the higher energy bodies, including the mental body.

This phenomenon of dual awareness is often called "the mind split effect." Consciousness does not simply leave the body as an empty shell during OBEs. Rather, consciousness duplicates itself during the separation process and projects a copy of itself into the various dimensions of nonphysical reality. In other words, a person who is having a lower-level projection may also have aspects of their consciousness projected in higher

dimensions without knowing it. Usually a projector is only aware of one dimension of experience at a time, so it seems that one is merely shifting from one level of reality to another, when in reality one is engaged in multiple levels of reality simultaneously and simply shifting one's focus from one level of experience to another within the wider range of one's consciousness that expands throughout multiple dimensions.

The mind awake/body asleep state activates a multidimensional projection process that actually occurs naturally when one falls asleep at night. The difference between the natural sleep projection process and the conscious out-of-body projection process is simply the presence of one's base-level awareness during the experience. During this process, the etheric body becomes energetically activated and generates higher-vibratory energy bodies in which one's consciousness is transferred into. Thus, a spectrum of energy bodies project from the etheric body, each one attuned to the vibrational state of the various different dimensions of nonphysical reality.

Although we are able to experience multiple dimensions of nonphysical reality simultaneously, usually one's based-level consciousness is only aware of one level of experience at a time. However, there are cases in which multiple dimensions of simultaneous experience are recalled during the same time period. This tends to cause a mixture or overlapping of memories, so that any given projection experience may actually be a combination of elements from multiple levels of nonphysical reality being experienced simultaneously.

My experience on August 13, 2014 and many others of a similar nature serve as confirmation that consciousness does in fact split off into multiple dimensions during OBEs, and that the body isn't left empty during projection. In fact, it's quite possible that many failed projection attempts are actually successful, but the person's base level of consciousness remains in the etheric body rather than shifting into the projected energy body and thus does not gain the memories from the projections.

The mind split theory negates certain false and fear-based beliefs about the dangers of astral projection. You don't have to dig too deep into the subject of OBEs to come across people claiming that protective prayers and rituals are needed to ensure that the uninhabited body remains safe as the soul abandons it to explore higher realms. These are nothing but limiting beliefs that are based on false assumptions and superstitions.

December 18, 2014

Early this morning I woke up with the realization that my deceased great-grandfather had just visited me and allowed me to experience something amazing! He appeared to me in a dream I was having, and remembering that he was dead, I realized that I was dreaming and became fully lucid. We hugged and there was an amazing exchange of love between us. I was certain that this was actually him and not just a dream character.

After a short dialogue, my great-grandfather told me that he wanted me to experience what it was like to die from his own personal experience. I agreed, and suddenly I shifted into another dimension with a brief sensation of movement. I found myself inside a body that was in a lying position. I suddenly felt a strange energetic sensation within me unlike anything I had experienced before and instantly knew that the organs of this body were shutting down, although there was no pain or fear. I then experienced the exit sensations that are commonly experienced during OBEs, and I projected from the body. I found myself floating in my energy body above the deceased body that was below me. This is my last memory of the experience, although there was more that occurred which I'm unable to completely recall.

One of the biggest sources of fear related to death for most people is not knowing what will happen after dying. Some may fear going to hell, while others may fear the possibility of total annihilation or nonexistence. Death is one of the great mysteries of life, and yet there is a growing body of evidence which suggests that there is a more or less universal process in which all humans undergo upon passing on from the physical world in which one's consciousness shifts into nonphysical reality. A majority of that evidence comes from individuals who have temporarily died and reported the death and afterlife experience (NDEs), often with strikingly similar accounts. There is also evidence that can be gathered from out-of-body experiences, such as exploration of the afterlife realms and interaction with deceased friends and relatives, not to mention higher-level insights into the eternal nature of the soul.

Based on my own personal experiences out of body and my research of both NDEs and the findings of other out-of-body explorers, I'm confident in the existence of the afterlife and believe it will be a wonderful and illuminating experience. However, one thing I am fearful of is being in

pain as the body is dying. It's possible that my great-grandfather showed me what it was like to die to ease my fear of the dying process, as the simulated death that I experienced was quick, easy, and pain free. This actually corroborates with many near-death experiences in which the person reported that their consciousness actually separated from the body right before the trauma that caused their death so that no pain was felt. In these cases, it seems as if the Higher Self knows that death is imminent, and so it disassociates with the physical body slightly ahead of time to bypass the otherwise traumatic experience of dying a violent or painful death.

January 2, 2015

This afternoon I was lying out on my deck meditating with a Hemi-Sync track. About half an hour into the meditation a random question entered my mind. The thought was: "What is my purpose?" This question seemed to arise out of nowhere. I suddenly experienced an inward shift and I found myself somewhere else, completely removed from my physical location. I was surrounded by a vast darkness and a man was standing right in front of me. This was not an astral projection, but rather it seemed to be more of a mental projection. I was aware of having a body, but it was a different experience from being in my astral energy body. My body seemed to be a thought construct, as I could see it, but I couldn't feel it and there didn't seem to be any substance to it. It was just me and this man floating in what seemed like an endless void. Suddenly, the man reached his arm out and pointed to the center of my chest. I immediately received the thought "love," as if it had been implanted into my mind. The experienced ended and I understood that I was just told that my purpose in life was love.

It's not uncommon for me to experience visions during meditation. They mainly arise when I'm in a particularly deep state of consciousness, usually one in which I have let go of all thoughts and identification with my body and self. These visions usually involve random people and events that don't seem to have much relation to me or my purpose for the meditation, and they are perceived with varying degrees of lucidity depending on how deep my meditative state is and how alert I am.

Sometimes they are like mini dreams in which I suddenly find myself fully immersed in another reality engaged in some kind of activity or event, and I don't fully come to terms with what was happening until after leaving

the altered state. Other times I'm fully aware of witnessing these manifestations, contemplating their nature as they occur as if I was looking at pictures or watching a movie in my mind. What distinguished this vision from many of the others I've had is that this one clearly arose in response to the question I asked moments before, and I experienced a state of knowing which revealed the underlying meaning of the experience, which is not a common feature of my other visions.

March 1, 2015

I woke up after a full night of sleep and fell into a deep trance. I began to create the feeling of rocking back and forth like a rocking horse, and within seconds my energy body began to loosen from my physical body. I eventually swung so hard that I started spinning and completely separated from my body. I found myself outside, about a hundred feet above the ground. It was a beautiful sunny day and the landscape consisted of a river, grassy hills and several colorful houses scattered here and there.

Within a few moments of being in this place, a small airplane passed by me. I decided to follow this plane, but I initially had trouble catching up. I couldn't seem to increase my speed, despite all the mental effort I was making. Switching to a new approach to solve this problem, I built up a feeling of confidence in my abilities and then shot off in the direction of the plane with complete faith that I was totally unhindered in my movement. Sure enough, it worked, and I caught up to the plane and mentally commanded it to land. To my pleasant surprise, the plane immediately descended and landed in a grass field below. Approaching the airplane from the side, I was able to see one of the passengers inside through the plane as if I had x-ray vision! I desired to talk with this passenger to gather whatever information I could, but just as I was about to get on the plane, I suddenly shifted out of this dimension and found myself in a void.

I strongly desired to continue the experience, and with this firm intention in place, I blasted upwards and began to spin. Within moments, the environment manifested all around me and I found myself in a similar place as before, except the houses were a bit different this time. Suddenly, the thought of Jesus came to my mind, so I yelled out, "I want to meet Jesus Christ!" Nothing happened, but I suddenly noticed a path down on the ground which curiously led to a door that was standing alone, with no building or structure of any kind around it.

I flew over to this door and opened it. To my surprise, on the other side of the door was an entirely different place, totally invisible from the outside! It looked like a large indoor sports facility. Through a set of doors on the right I noticed a group of guys playing soccer on a basketball court. I entered the gym and was immediately drawn to a man sitting alone on the bench against the far back wall. My first thought was how much the guy sitting there looked like Jesus. As I approached, I noticed that this man had long brown hair, a short beard, facial features that mirrored most contemporary images of Jesus, and he was wearing a soccer uniform.

I sat down beside him and immediately felt compelled to hold his hand. He radiated an energy of peace, love, and acceptance, and I felt completely comfortable and trusting towards him. Holding his hands, looked him in the eyes and asked, "Are you Jesus Christ?"

His voice was crystal clear, no different than if I was speaking to someone face-to-face in the physical world, and had a very calm tone. He responded, "On occasions."

A bit puzzled by his answer, I asked, "What do you mean?"

He answered, "In time."

Just at that moment, I was pulled away from this place against my will and woke up in bed.

The answer that this man gave me was quite perplexing, although I was initially drawn to one particular interpretation. Perhaps this being, the spiritual entity that people refer to as Jesus Christ, is actually a being whose power expands beyond just one identity. Just as a Christian will call upon Jesus for strength and guidance, and even encounter him in the afterlife as has been corroborated by numerous near-death experiences, perhaps this same being presents himself to others according to their own particular needs and beliefs. Perhaps this same Jesus will appear to a Hindu person as Krishna, or will manifest as Buddha to a Buddhist. Maybe this being is beyond personal identity and transcends any one image or role. It's possible that this being is a manifestation of a higher power that appears as Jesus Christ on the occasions that a person needs Jesus, while taking the role of other spiritual beings in conformity with the particular person's worldview.

It's also possible that the individual I encountered was not Jesus at all. There are deceptive entities in the astral dimension that are able to disguise themselves, changing their true appearance and thus hiding their real

identity. What better way to trick a person than to appear as someone the person trusts? Nonphysical reality is not just love and light – there is just as much negativity and deception there as there is in the physical world, particularly in the lower vibratory realms, so it is wise to always be cautious. Another less sinister possibility is that this appearance of Jesus was merely a manifestation of my subconscious mind.

His answer "In time" seemed to indicate that there will come a time in the future when the knowledge I seek will be revealed to me. I suppose genuine insight can't be rushed, but rather only comes when the conditions are right and one is truly ready.

April 14, 2015

Last night I was dreaming that I was at my grandparent's house when suddenly an internal connection opened up between me and a group of extraterrestrials. I could sense that these beings were nearby and were waiting to make contact with me. I understood that they were waiting above the house in their craft. I experienced no fear, and actually deeply desired to meet with these entities. Love-infused energy began pulsing through my body, and it seemed like these beings were the source of this energy. I made a request for the ETs to come down to meet me, and then began to search the entire house for any sign of them.

After checking a few rooms, I was approaching the kitchen when suddenly one of the ETs manifested in front of me! It was the same species of entities that I have had numerous experiences with in the past, with a triangular-shaped head, large black eyes, a thin body, and light orange skin. We hugged and there was an enormous exchange of love between us. This encounter caused a burst of lucidity, and I found myself fully conscious. I felt very close to this being, as if we had some kind of special relationship on another level of existence. We telepathically communicated for a short while, and after expressing my desire to meet with the rest of its group, the alien told me that I wasn't quite ready to make contact with them.

The ET instructed me to follow it, and we approached the laundry hamper that was right outside the bedroom. The entity opened the lid and told me to get in. I realized that this wasn't just a hamper, but was actually a device that would transport me up into their spaceship! At this point I became suspicious of this being's intentions. Something inside me said that

by getting into this hamper, I was essentially handing myself over to these beings for purposes unknown to me. I was now experiencing distrust and apprehension. Even in the out-of-body state, I didn't want to put myself into a compromising situation, as I had recently been reading reports of out-of-body travelers encountering deceptive and ill-intentioned beings, and wanted to be cautious. Before I was able to make a decision of whether or not to get inside the hamper, I was awakened.

Like nearly all of my other dreams involving ETs, I experienced a much higher level of awareness during this experience as compared with normal dreams, even before I became fully lucid. There seems to be something about the presence of these beings that activates a hyper-aware state of dream consciousness. This experience may have indicated that my fear of extraterrestrials was being remedied, although perhaps I was not completely free of it yet, as my difficulty trusting this being suggested.

September 25, 2015

This morning I used the WBTB method to induce an out-of-body experience. I was awake for about two and a half hours during the waking period of this method, which is almost two hours longer than usual, but it worked just the same. After a few minutes of relaxing into a deep meditative state, I felt a presence approach the side of my bed. After a few moments, I began to experience a gentle tugging at my energy body's feet, which was unusual because I was still partially grounded in my physical body. Whoever had grabbed me began rocking me back and forth, steadily increasing the swing until I found myself free of my physical body.

As I floated up, the first thing that came to mind was the thought, "Go to a higher dimension!" I flew through my roof and up into the sky, picking up a tremendous amount of speed as I penetrated the upper atmosphere. My vision temporarily blurred, and when it came back into focus I found myself flying through deep space, shooting through an endless field of stars!

I reached my arms in front of me and noticed that they were transparent and somewhat fluid. My hands lacked a solid shape and looked as if they were made of gelatin. I refocused on my flight path, but within moments my arms came back out into my field of vision again, although this time without my intent. Oddly, I soon realized that these arms had shifted off to my right side, and to my astonishment, I discovered that these weren't

even my arms! As I looked over, a body manifested out from the arms, appearing gradually from the shoulders down to the feet. I was now flying next to another being who appeared to be the spirit of a human. I instantly knew that he was my guide for this journey. I felt a strong bong with him, and as we were approaching our destination, I put my arm across his upper back and gave him a hug from the side like he was a brother.

We arrived at a place that seemed like a giant research center. Inside there were several groups of five or six people working diligently. Some were busy on computers, others were writing in notebooks, and others were intently and passionately conversing. There was a leader managing the entire project. I received the intuition that not all of these people were from Earth, although they all looked human.

I approached one group who was engaged in conversation and interrupted them.

"Where are you all from?"

To my surprise, they totally ignored me! I then made my way over to another group and sat next to a man who appeared to be a middle-aged Asian guy. He was working on a stack of material which was laid out on the desk in front of him. I asked him the same question, and he told me the name of a village which I had never heard of. He had a very friendly demeanor and seemed happy to talk with me. After asking several more questions, I learned that not only was he from Earth, but he was still physically alive! He seemed equally as excited as I was about this encounter.

As we engaged in further discussion, I realized that I needed to ensure that I would remember this experience and my conversation with this man. I began to mentally review the events of the experience and the details of my interactions, and after telling my new friend what I was doing, I started to verbally recount my experience to him. I soon found myself back in my body.

It was interesting the way this guide came into my perception. It almost seemed like I had split into two beings, as if the guide somehow emerged from within me. He was present throughout my experience at the research center, sitting next to me during most of my conversation with the Asian man. I got the feeling that my guide was somehow connected to the group of people who were working there, and that there was a reason he

brought me to them. Unfortunately I can't recall the majority of my conversation with this guy, although I know that we discussed the purpose of the project that was underway at that facility.

My error was asking trivial questions rather than immediately obtaining more useful information. I should have started by asking why they were gathered there, what they were doing, why I was brought there, etc. Of course, it's possible that I did in fact ask these questions and simply don't remember, as I recall talking with my guide before arriving at our destination and had quite an in-depth discussion with the Asian man, but I simply can't bring forth the details of the dialogues. In retrospect, asking the right questions and making more of an effort to retain my memory of the information imparted to me would have been a better course of action.

CHAPTER THIRTEEN
Dimensional Shifts and Insights

November 3, 2015

This morning I meditated with a Gateway Experience Hemi-Sync track immediately upon awakening after about seven hours of sleep. I used a substance called orgonite to enhance my meditation, which is essentially various metals and quartz crystals compressed together in a resin cast. It's said to heal and cleanse negative and impure energies, and radiates a tangible energetic force that can be felt simply by touching it if you are sensitive enough. I placed the orgonite onto various chakra points on my body, and it seemed to have a dramatic effect on my meditation.

I initially placed the orgonite right over my sacral chakra which is located a couple of inches below the belly button. I quickly fell into a deep meditative state. After a few minutes of energy body work and chakra stimulation, my sacral chakra burst open with a tremendous energy, and a clairvoyant vision simultaneously appeared in my awareness of the chakra swirling like an orange vortex of energy!

After allowing the energy to settle down, I moved the orgonite to my chest, right above my heart chakra. I easily slipped into a deep trance and my awareness shifted out of my body in what appeared to be a mental projection. My awareness rose up over my body without any exit sensations and I was able to move my point of view freely without any indication that I was contained within an energy body.

I was soon brought back into my body by a voice that was coming from the right side of my bed. I was still in a deep meditative state and I couldn't see anything but blackness, but I was able to feel a strong presence standing beside me. I couldn't make out what this voice was saying, but apparently they really wanted to get my attention, as not a moment later it touched me on the shoulder and sent an intense shockwave of energy through that entire side of my body! The energy was so strong and intense that it actually hurt! The pain soon subsided and the presence dissipated as I shifted into a deeper state of consciousness.

Towards the end of the meditation I clicked out, and when I regained consciousness I moved the orgonite to my brow chakra on my lower forehead. I instantly shifted into a meditative state that was so deep that it could only be comparable to my more abstract higher-level experiences out of body in terms of my state of consciousness. It's truly hard to describe, except to say that my awareness was drastically altered beyond any normal meditative state. On top of that, my third eye center was activated, pulsing with an energy that was coursing through the rest of my energy body.

After some time in this deep energetic state, I snapped back to normal consciousness. I immediately felt the orgonite on my sacral chakra, and as I grabbed it to make sure it was really there, I instantly realized that my last meditation session with the orgonite on my forehead didn't actually happen in physical reality! I must have had a false awakening from the out-of-body state after the second meditation and continued meditating as if I was back in my body. The energy that I had experienced during this out-of-body meditation was so strong that it actually persisted in my third eye area for several minutes after I woke up.

There seems to be two plausible explanations for the effect that the orgonite had on my energy body during these meditations. The first and most obvious explanation is that the orgonite actually does has a positive effect on surrounding energies, and caused increased energetic activity in my energy body. The second explanation is that a placebo effect took place in which my expectations influenced the nature of my experience, producing the energetic effects that took place. Further experiments with orgonite have shown that it does indeed produce a tangible energetic effect.

I currently don't use orgonite much. I believe it's most beneficial to develop one's energy body through inner work without external aids, as it runs the risk of developing dependency. However, I do see benefit in using orgonite to absorb harmful electromagnetic frequencies that are given off from electronics and other sources of radiation. For a while I kept a large orgonite pyramid in front of my desktop computer for this very purpose, and although I can't be sure that it had a definite effect, I did perceive a difference in the quality of energy near the computer with and without the orgonite. I seemed to experience a more peaceful and relaxed internal energetic state with the orgonite near the computer, whereas removing it almost instantly caused a slight sensation of inner agitation and stress,

perhaps a result of the full effect of the electromagnetic radiation that the computer gave off.

The depth of the meditation that I experienced in the out-of-body state was unlike anything that I had experienced before. Further experiments with meditation during dreams, lucid dreams and out-of-body experiences would confirm that the inner depths of one's self are much more easily and profoundly experienced from these altered states of consciousness, as one is already freed from the limitations of the body and can almost instantly connect with deeper levels of one's being.

May 24, 2016

This morning I had a series of projections that were induced using the WBTB method along with a Hemi-Sync track with custom affirmations recorded over it. Nothing spectacular happened during these experiences, but they served as grounds for experimenting with various states of consciousness and qualities of the projection experience, and provided important insight into the nature of various modes of exploration.

As I was meditating, I entered the mind awake/body asleep stage and felt a familiar tugging at my legs. Whoever was responsible for regularly pulling me out of my body was back again! This time I wasn't pulled out by my ankles, however, but I was actually pushed out by my feet through the top of my head! The first projection was a classic out-of-body experience. I gently buzzed out of my body, floating up out of my house through the roof. I found myself in a neighborhood that had similar elements of my hometown, yet had some distinct differences as well. I had full awareness of my energy body and felt strong sensations of movement as I flew around the town.

I eventually lost focus and found myself back in my body, but I was still in a deeply altered state and was immediately able to slip right back out. However, this time the projection felt different from the last one. I felt an expansion of my consciousness and my mind seemed to be completely free, independent of any kind of energy body. After spending a few moments in complete blackness, an entire environment spontaneously manifested around me and I found myself in an Earth-like dimension. As I was flying around, I noticed that I didn't have the same internal sensations of speed and movement that I had experienced during the previous projection, although I could now travel with much greater ease and freedom. It almost seemed like I wasn't an independent entity navigating an external world,

but rather like my environment was a part of my consciousness, and I was simply moving my reference point within this larger system of my consciousness.

As I was flying over trees and houses, I became aware of the voice that was speaking in the Hemi-Sync track that I was listening to back in the physical dimension. It initially seemed as if the voice was booming down from above, although I almost instantly became partially aware of my body in bed. For about two minutes my consciousness was split between my nonphysical self that was exploring out of body and my physical body that was listening to the audio track.

After a short while of uneventfully exploring my environment, I phased back into my body, only to project once again. I separated in the same manner as the previous projection, expanding into a void and shifting into a realm that manifested around me. I was again in an Earth-like setting and I seemed to be a point of consciousness with no tangible energy body. I decided to look to see if I had a body anyway, and found a pair of perfectly formed, solid-looking arms and hands reaching out in front of my field of vision. I was able to feel energy within these appendages as I observed them, but when I put them down and they were out of my field of vision, I could no longer sense them. It seemed as if my mind had temporarily created an illusory pair of arms and hands out of my desire and expectation to see them.

Interestingly, as I continued to explore, I noticed that the quality of my consciousness was beginning to change. The world I was in began to lose its crisp vividness, and I seemed to develop or shift into an energy body. I now felt somewhat heavier and was not able to move around with the complete freedom that I experienced before. My movements required a bit more mental effort within this energy body. A distinct sensation of motion became apparent after this shift in consciousness as well, whereas this was not previously present. I looked at my hands again and saw that they were now somewhat translucent and didn't appear to be entirely solid. I was also now able to feel my energy body even when my attention was not directed towards it. I was obviously no longer just a point of consciousness. After some more exploring, the experience ended.

Using basic audio editing software, I recorded myself saying affirmations such as, "My mind is awake and my body is asleep," and, "I'm

out of my body." I then looped these affirmations over the first ten or fifteen minutes of the Hemi-Sync tracks that I sometimes use when I meditate before leaving my body. The goal is to reinforce the affirmations and help them to be better absorbed into my subconscious mind. It has proven to be an effective aid in the induction of OBEs and lucid dreams.

I also made a custom alarm using the same software, which is intended to give rise to lucidity in the dream state or to wake me up with the intention of immediately separating from my body. The alarm sound is a pleasant bell chime followed by my voice saying, "You are out of your body." The alarm goes off at the end of every sleep cycle, which is when the REM state (rapid eye movement sleep) is entered and dreams occur. The non-REM phase of each sleep cycle lasts for about 90 minutes, going through various depths of sleep and then entering REM. The first REM period lasts about ten minutes and increases in length with each following cycle. The REM state of the final sleep cycle can apparently last for up to an hour. It's easiest to enter the out-of-body state during or immediately after REM, particularly via lucid dreams. Sometimes I hear the alarm while I'm dreaming and become lucid in my dream. Other times, the alarm wakes me and the verbal affirmation reminds me to immediately enter the out-of-body state. This is as simple as remaining completely still upon awakening and allowing the body to fall back to sleep while keeping the mind alert and aware.

This custom alarm is based on a technique centered around the art of awakening mindfully and without moving, and immediately separating from the body. This is something that takes practice to achieve, but this method has proven to be incredibly effective at inducing OBEs. The key to success here is setting the intention before falling asleep that you will wake up without moving and immediately separate from the body. This method also calls for cycling various bodily movement sensations and visualization techniques to try to induce separation immediately after awakening.

Initially upon waking, the person must try to separate from the body with a method that creates an externalized body awareness, such as rolling to the side or backwards, climbing out of the body, levitating, falling, etc. If this does not cause separation from the body, then the practitioner moves on to the next set of techniques. Most of these techniques in this next step involve creating the feeling of motion in the body, such as climbing a rope, swimming, rotating, wiggling different body parts, etc. Other techniques

include observing images in the mind, listening to internal noises in the head, and creating visualizations in the mind. If the out-of-body separation process does not begin after several seconds of any one technique, another technique is attempted until at least a few different techniques are completed consecutively. If the first cycle of these techniques does not produce results, several more cycles of the same techniques are to be performed.

Perhaps the most effective technique from this method is what I call the "fall asleep fake-out." The person essentially tries to fall asleep for several seconds, all the while holding the intention of reawakening the mind before it slips into total unconsciousness. This usually always causes an immediate deep internal shift into the out-of-body state. It's recommend that this is done immediately upon awakening from sleep as the first technique used to attempt an OBE, and it can be combined with the other techniques for maximum effectiveness. In other words, the person tries to drift to sleep while performing the other techniques, although one must be sure to maintain awareness as to not become unconscious and actually fall asleep.

This experience served as proof of the various forms and qualities of the out-of-body experience and the ease with which one can shift between them. I can't say for sure what caused this shift in consciousness, although it seemed to be linked to a change in the strength of my focus. Whatever the cause was, it apparently transformed what could be labeled a mental projection into what most closely resembled a standard astral projection. There didn't seem to be a change in location, but rather the quality of the environment altered in a way that indicated that it was my consciousness and my perception that had changed. This fact indicates that the distinction between mental projection and astral projection is less about the nonphysical dimension that is experienced and more about the quality of one's consciousness, although these are intertwined. Of course, it seems logical that a higher quality of consciousness can access higher quality nonphysical realms, so it makes sense that mental projections allow the experience of dimensions higher than the astral. However, it seems the mental body has access to the same levels of reality as the astral body as well.

The part of this projection in which I was seemingly free from the confines of an energy body also gives credence to the theory that the idea of

“leaving” the body is false, as one is essentially never “inside” the body to begin with. Rather, every aspect of one’s perceivable experience is an integral part of one’s own consciousness, and there is no real separation between the mind that seems to be contained within a body and the external reality in which the body and mind’s experiences take place. In other words, consciousness is all encompassing. The essence of one’s consciousness is the very essence of the fabric of reality. OBEs are essentially a shifting of one’s frame of reference from the body into the other areas of the wider system of consciousness in which one is intimately connected. I experienced this concept firsthand during this experience, although I also gained this insight during some of my other higher-level projections.

June 13, 2016

This morning I shifted out of my body after a brief meditation and found myself in an astral version of my deceased great-grandfather’s house. I was in his spare room in which I would sometimes spend the night. I almost immediately decided to reenter my body and “power up” my energy body, as it felt a bit weak and I couldn’t maintain a strong focus. Back in my etheric body, I did about one minute of energy work until my energy body was vibrating at a high rate and my energy was flowing smoothly.

I floated up into the same room as before, which was on the second floor, and decided to visit my grandmother who lived underneath in the first floor apartment. I found her sitting in her chair in the living room where she usually spends most of her time watching television. I flew over to her and gave her a big hug. To my surprise, she looked much healthier than she normally looks. I began to talk to her out loud, but immediately encountered some resistance in my communication. I realized that I didn’t need to talk at all, and simply began to think what I wanted to say. We proceeded to converse telepathically.

I had been curious as to the nature of astral encounters with friends and family, and wanted some answers and clarification.

I asked, “What level of your being am I communicating with?”

“My Higher Self, of course!” she responded enthusiastically.

I understood that it was my grandmother’s higher mind that I was currently in contact with. Her base-level mind would have no recollection of this encounter, but the higher aspect of her self was actively engaged in this experience.

Happy with the knowledge I received, I soon said goodbye and flew outside. It was a beautiful sunny day and the neighborhood looked strikingly similar to its physical counterpart. I wanted to shift into a higher dimension, and a technique for translocating into higher realms came to mind in which one flies up into the sky at an extremely high speed, which produces a shift in dimensions. I told myself that I could do anything I desired because everything was dictated by my mind, and with that thought I shot up into the sky.

I stretched my awareness out to the farthest distance I could see, and this produced an extreme acceleration. I was flying parallel to the ground at a height of at least 500 feet, shooting through a seemingly endless array of clouds, when I finally experienced a dimensional shift. Suddenly, a series of enormous images, lights and symbols manifested in the sky as far as I could see, and I was flying past and through them. Some of these manifestations seemed to be the size of 20-story buildings! There were various geometric shapes and patterns of strikingly beautiful colors, and three-dimensional projections of various saints and images of spiritual figures appeared in front of me as I warped through the sky. I experienced a variety of different energies from each of these projections, ranging from love and joy to mystery and awe.

One of the last symbols I encountered was a holy woman dressed in robes resembling Mary from the Bible. She must have been over 150 feet tall, and the feeling of love radiating from her was incredible. I passed right through the center of her chest, and as I did, I experienced an amazing feeling of peace, love and joy. I received an intuitive thought that this holy woman wanted me to fly through her, as if she had blessed me with some kind of sacred energy.

Moments after I passed through her, I noticed a black area in the distance. As I approached it, I saw that there were shades of purple mist in this patch of darkness. It seemed to be some kind of void, and as I flew closer, I considered whether or not I should enter this blackness. I was hesitant, but decided not to hold back and passed into this dark vortex. As I entered, I was immediately engulfed in darkness and was struck with a heavy feeling of dread. The peace and love that I had previous felt were gone, now replaced with uneasiness and anxiety. Although I couldn't see anything, somehow I was able to sense the presence of several enormous monstrous creatures that were walking on the ground below me. It was

almost as if I could see them by feeling them with my awareness, sensing their form and movement with a radar-like intuition. These huge demonic beings were wielding large, heavy weapons with giant blades. I decided that I didn't wish to experience this realm any longer and shifted back into my body.

I had long pondered the true nature of the people I had been encountering in the out-of-body state, particularly my friends and family, as they never seemed to recall our nonphysical encounters after the fact. A few possibilities seemed likely. One possibility I had entertained was that these people were in the out-of-body state just like me, but were unable to retain the memories of their experiences due to lack of training and development.

Another possibility I acknowledged was that perhaps they were simply creations of my subconscious mind. The third possibility was that I was actually encountering the aspect of their spirit that is attuned to higher spiritual realities as their normal waking mind is attuned to the physical world. The information given to me by my grandmother suggests that the last of these three possibilities is most likely the case.

The idea that there are aspects of the self that operate independently of the conscious mind in nonphysical reality has been validated by other experiences of mine as well. On at least a few occasions, my wife has reported experiences that support this theory. Each of these experiences occurred while my wife was taking a nap with me awake in the same room. I had previously taught her how to have out-of-body experiences, and on these occasions she would find herself in the mind awake/body asleep state on the verge of leaving her body, and yet she couldn't fully separate.

According to her reports, she would be fully aware of my presence, even being able to see me during a couple of the experiences, and I would actually give her verbal instructions to guide her out of her body. She would actually see me turn and talk directly to her as she lay on the couch or bed. She followed my advice and was able to achieve separation in almost all of the cases. I was amazed when she told me what had happened, as I was oblivious to these events. But perhaps there was a higher aspect of my mind that was well aware of these experiences and had actually helped my wife achieve the out-of-body state.

CHAPTER FOURTEEN
The Orange Planet

September 5, 2016

After awakening this morning, I easily disconnected from my body and floated upwards. My room appeared to be a hybrid of my current room and the room that I grew up in as a child. As I approached the ceiling, I gradually began to see right through it, and soon an immense expanse of stars in the night sky appeared through the top of my house. I rose through the roof and out into the sky in a state of freedom and joy. After flying around for a short while, I noticed something abnormal about the stars. Their position moved in a way that indicated that they were only a few hundred feet away from me. Upon further inspection, I realized that these stars were actually some kind of hologram projected into the upper atmosphere! Their source seemed to come from somewhere back on the ground. It was very unusual, unlike anything I had witnessed before.

I soon found myself back in my body. My energy body arms and legs began to lift towards the ceiling, yet my torso remained firmly in place within my physical body. The sensation of my limbs in the air was so pronounced and realistic that for a moment I thought they were actually my physical arms and legs! I was suddenly able to see the room around me, and to my surprise, my bed was surrounded by about six or seven standing oscillating fans. They weren't turned on, but were completely still, all facing me. After a few moments of observing these fans and contemplating the situation, I suddenly felt two hands grab my ankles and I was yanked right out of my body! I had an intuitive feeling that there were aliens involved in assisting me out of my body. I suspected that the fans weren't as they seemed, but were quite possibly sentient beings of some kind. This would explain the uneasy feeling I had in their presence. I considered the possibility that perhaps my mind masked their true appearance, or perhaps these beings purposely changed their appearance. I felt an extraterrestrial presence nearby during the rest of my out-of-body experience.

I began to float upwards, but then decided to let myself fall, as there seemed to be a gravitational force pulling me down and I thought it would

be easier to go with it rather than against it. I soon gained sight and found myself drifting down a long and wide vertical tunnel, almost like an enormous well. The walls of this tunnel appeared to be made of a shiny stone material and were covered in letters, numbers, and symbols that protruded from the wall. I closely inspected this writing, but was unable to make any sense of it, as it appeared to be in an unfamiliar language. There was something mystical about the writing that left me with a feeling of awe.

I found a window at the bottom of this tunnel and flew through it. I emerged outside in a small city on a sunny day. I immediately looked at my hands to give myself a lucidity boost, and noticed that they didn't melt, but appeared vivid and solid. I flew up into the sky to get a better look at my surroundings, and was shocked as I turned around and saw a huge space shuttle flying parallel to the ground about 100 feet away! It was only a couple hundred feet above the ground and looked like a NASA shuttle. It was drifting along rather slowly, and I decided to approach it. As I began to fly over to the shuttle, it suddenly did a nosedive and started free falling! I was initially afraid that it was going to crash, but I found myself in a state of bewilderment when I realized that the area where the Earth should have been below the shuttle was completely missing, and the shuttle continued to fall down below ground level. It was like a deep canyon with no bottom, and there were clouds and sky in place of the ground. This sight gave me a very strange and uncomfortable feeling. It was so far removed from anything I had ever seen before that it was a bit unnerving.

I turned around to fly off in the other direction, only to find another space shuttle flying right at me! Right before it reached me, the shuttle suddenly began to plummet into the ground just like the last one, only this time the shuttle crash-landed in a small lake. Interestingly, there was a row of other space shuttles and large airplanes parked along the edge of this lake, floating on the surface of the water. I could no longer retain the out-of-body state, as I felt my awareness shifting back into my physical body, so I allowed myself to wake up.

There seemed to be several elements of this OBE that could potentially have a deeper symbolic meaning. When reflecting upon this experience, I realized that the fans standing around my bed, the tunnel with the letters and symbols, the shuttles crashing, and the pieces of missing earth are among the aspects of this experience that might be representative of

something veiled or elusive to my base level of consciousness. Of course, interpreting these elements is a highly subjective process, and it's up to the individual to give their own meaning to the symbols and events experienced in one's journeys.

December 16, 2016

As I was drifting into sleep this morning after waking up briefly, my consciousness remained aware as my body was overcome with a deep heaviness. As I witnessed my body falling asleep, I shifted into an altered state and suddenly heard a deep, growling, demonic voice to the right of me! It was speaking some kind of language that I couldn't understand, but it was extremely disturbing and I didn't care to remain in that state any longer. I forced myself to return to normal waking consciousness, but I almost immediately slipped back into the same state and the same voice returned. My intuition told me that this entity simply wanted to scare me.

After continuously slipping in and out of this state only to find the voice waiting for me each time, I decided to do an experiment. I entered the altered state and as soon as the voice began to speak, I focused on my heart center, expanded a feeling of love throughout my body and projected it to this monstrous being that was still next to me. As I did this, the volume and intensity of the voice grew softer until it completely vanished!

In continuing my experiment, I then let go of the love and allowed myself to experience fear. Suddenly the voice returned as loud and snarling as ever! I shifted my focus back to love, and the voice was gone once again. After going back and forth from love to fear several more times and witnessing the consistent disappearance and reemergence of this voice in accordance with the emotion I was experiencing, I became satisfied with the results of the experiment and allowed myself to drift to sleep.

One interpretation of this experience is that I was somehow removing or banishing this negative entity from my awareness by projecting a loving energy towards it that countered its own negative energy. Perhaps this being was fleeing on its own free will, repulsed by the love, or maybe it was naturally repelled by a conflict in energetic resonance. Another possible interpretation, and one that I believe is more likely, is that rather than causing this being to leave, I was instead raising my own internal energy

and thus causing myself to shift into a dimension higher than that which this voice was coming from. Of course, it's also possible that this voice was a projection of my own subconscious fears, or fabricated by my Higher Self as a learning experience. But regardless of the true nature of this entity, it was clear that generating and projecting love removed it from my perception, and this method has since proven its effectiveness in dealing with negative forces, both internal and external.

April 1, 2017

Last night I left a custom affirmation audio track playing on loop, and I believe this resulted in an out-of-body experience that occurred this morning. I don't recall the projection process, but rather I became aware when I was already in the out-of-body state. I found myself flying through the sky on a beautiful day, passing through clouds at least two miles above the ground. Either I phased directly into this experience or an aspect of my consciousness was already engaged in this OBE, but this was certainly not a dream scenario that I had become lucid within. It was a full-blown out-of-body experience.

I noticed a point of light in the distance and I immediately flew over to inspect it. It was a ball of white light about the size of a basketball, floating in place. I touched it, and suddenly it absorbed into my hands, completely vanishing! I moved along and noticed another ball, only this one wasn't made of light. It was about the size of a large melon and appeared to be made of white Styrofoam. It seemed like a prop rather than a natural element of the environment and I wondered why it was there.

I flew towards a large building and passed through a window of an upper-level apartment. After briefly touring the apartment looking for someone to communicate with, I went out onto the deck and found a backpack. I decided to look through it and found several school notebooks. I noticed the name Mike Schmidt written on one of them. After flipping through the notes, I realized that I was looking at mathematics and physics equations from another system of reality with completely different laws of math and physics than in physical reality. Amazed at my discovery, I stashed the notebooks inside a large pocket of a jacket that I suddenly found myself wearing. My intention was to take these notes back to the physical dimension to have analyzed.

Continuing on my journey, I came across some apartment buildings that were partially submerged under water, which was odd because it didn't seem possible for the water to be over 30 feet above ground level when not too far away the streets were completely dry. Ignoring this anomaly, I noticed some incredibly tall towers in the distance rising above the clouds past the point where I was able to see, so I flew up into the sky to explore them. These structures must have been at least a few thousand feet high! They seemed to be made of stone and looked like something out of a fairy tale. They were truly astonishing.

As I approached one of the towers, something in the distance caught my eye. A few miles away I saw an amazingly beautiful city full of tall, sleek towers and ultra-modern architecture. There was a majestic radiance coming from this city. As I floated there in admiration, an idea came to mind. I conceptualized a device that could create a photographic image from the mental images of memories from out-of-body experiences by converting electromagnetic signals in the brain. With this device I could share the awe-inspiring visuals that I perceive on my nonphysical journeys, such as the one I was currently enjoying. With that thought, the experience ended.

It was silly of me to have thought that I could bring the notebooks that I found back into physical reality. It seems that I was so engaged in the experience, I temporarily lost some of my critical thinking abilities. Although I was lucid and aware of being nonphysical, I had become so grounded in this nonphysical reality that part of me began to perceive it as my base level of reality. I believe this is the reason for my lapse in judgment. It was interesting how a jacket manifested just when I needed a place to store the notebooks. I wasn't aware of wearing a jacket, or any other clothes for that matter, during any other point of the experience. This goes to show just how strongly expectations influence one's body image in the out-of-body state. I needed a place to keep the notebooks, and although I knew I was out of body, I believe my lapse in critical thinking at that time gave rise to the expectation of having a place to stash the notebooks.

May 5, 2017

I awoke this morning after a full night of sleep and decided to have an out-of-body experience. After some affirmations and light energy work, I

entered an altered state of consciousness. I suddenly felt a pair of hands grab my feet, and my legs were lifted up out of my body! These hands began tugging me so that I started swaying back and forth. Rather than being pulled out of my body, however, my state of consciousness deepened again and I began falling. When I came to a rest, my vision manifested and I found myself in a city that resembled my hometown, although there were several distinct differences.

After flying over rooftops for several blocks, I decided to take my experience to the next level. I extended my arms and shot straight up into the sky at a tremendous speed, willingly increasing my velocity as my altitude heightened until I was going so fast that I momentarily lost the ability to see. When my speed started to slow down and my vision came back, I was surprised to find that I was now in outer space holding onto someone's legs, being pulled along! I instantly understood that this was my guide, and my heart filled with appreciation and love for this being. I desired to give my guide a hug to express my gratitude, and not a moment after thinking this we were wrapped in each other's arms. An intense energy of love exploded in my heart chakra and I remained in a state of bliss for the remainder of the hug. I was awestruck at how much stronger and more vivid this feeling was compared to any emotion I have ever felt in my physical body.

We flew off into the distant galaxy, and around this time, my memory of the experience begins to fade. I have images and feelings from this portion of my experience with my guide and have vague recollections of encounters with individuals who I believe were my friends in some capacity, but due to the length of this projection, I wasn't able to retain the memory of the entire experience.

The next thing I clearly remember is being pulled by my legs to an unknown location. My sight manifested once we stopped moving, and I found myself in a large, unfamiliar city. The being who had pulled me to that location was nowhere to be found. I spent a good deal of time flying around the neighborhood and observing people go about their various activities. Every now and then I would stop and talk with someone, but never obtained any useful information, only mundane facts and small talk. Now and then my awareness would start fading, so I would look at my hands and state some verbal affirmations for clarity, which instantly sharpened my state of consciousness. By this time I realized that I might

have trouble remembering this entire experience, so throughout the rest of my journey I periodically affirmed to myself that I would remember the events of this OBE.

I soon grew bored of flying around this neighborhood, so I shot straight up into the sky. To my amazement, I saw that about 2 miles in the distance there was a huge building in the shape of a giant Les Paul guitar! This structure must have been at least 500 feet tall and was extremely detailed, complete with strings, a fretboard, a bridge and tuning pegs. It was truly an out-of-this-world piece of architecture and I was in awe at its beauty and enormity. I immediately flew over to get a closer look. I realized that it was actually a huge apartment building, and flew inside one of the windows.

After exploring the building and talking with a few people inside, my memory starts to fade. The next thing I can remember is once again being swept along by my feet and dropped off in another location. I gained sight and found myself in a beautiful futuristic industrial city. The sky was cloudy and everything seemed to have a bluish silver tint. Many of the buildings seemed to be made of a reflective glass, as if they were covered in large mirrors.

I flew over to one of the largest buildings in sight and I turned to look at my reflection in the glass. I was taken aback when I saw that there were two large beings hovering right behind me, looking at me in the reflection! One of them looked like a tall, thin man, although he had some features that weren't quite normal. The second being was right behind the first guy, but this was no human by any means. He looked like a giant mutant! This creature was slightly shorter, significantly thicker and more muscular than the tall man. He was bald and had purple skin. The tall guy was looking over my shoulder, and the creature was looking over the tall guy's shoulder.

The strangest part of this experience was that I had a feeling that somehow these two beings were connected to me in some way, but I couldn't quite figure out how. In a way it seemed as if they were separate, independent entities that had attached themselves to me in an almost parasitic way, but at the same time I had the feeling that they were actually aspects of my self. Unfortunately, I received no clarification of this and the experience ended with all three of us looking at one another in the building's reflection.

The length of this experience was the main factor contributing to my inability to recall certain parts of the journey. I also failed to put enough effort into remembering the dialogues that took place. Many of my more extended OBEs are the result of not having a particular goal for the experience, so I would find myself aimlessly exploring and searching for something interesting to see or do, which is usually a mistaken approach. I have learned that in the very least, it's best to keep some questions or topics in mind so that even if there is nothing extraordinary about the experience, one can focus on retrieving information from other nonphysical beings. The value of interacting with others and obtaining information while out of body can be tremendous.

May 16, 2017

I woke up after about 7 hours of sleep, put on a Hemi-Sync track and fell back asleep. I immediately entered a dream in which I was in the house I was raised in as a child. I could hear the Hemi-Sync in the dream as if it was playing inside my head, and it reminded me to try to project from my body. Upon lying down in my dream bed, I almost immediately entered a light vibrational state and shifted inwards. It felt like I was falling inside myself. The falling sensation soon stopped and I began rising out of my dream body. Although the projection occurred from the dream state, I was fully conscious in the out-of-body state, no different than if I had projected from my normal waking state of consciousness.

I flew outside through the window and the first thing I noticed, aside from the fact that it appeared to be a beautiful sunny day and the neighborhood looked nearly identical to its physical counterpart, was that there were several large quartz crystals spread out on my neighbor's front lawn. They were about a foot long each, with the exception of one giant crystal standing in the center of the lawn that must have been 4 feet tall and probably a few hundred pounds! I soon found myself back in my dream body, although I was still in a deeply altered state.

I shifted out once again, and upon flying outside I noticed that it was now dark. The moon was full and the sky was clear, allowing a vast expanse of stars to be seen. I began to fly up towards the moon and decided to heighten my state of consciousness. I looked at my hands, which appeared vivid and solid, and rubbed them all over my face. The tactile sensations of

my energy body were so pronounced that it made my physical sense of touch seem dull in comparison.

I looked back up at the moon and realized it was no longer there. Confused, I looked around in an attempt to locate it and spotted a bright white ball in the yard of a house down below. As I approached it, I saw that this ball was actually the same moon that had just been in the sky a moment ago! I contemplated the strangeness of this as I arrived on the lawn next to this tiny moon, which was the size of a basketball and was enclosed in a clear protective bubble. A few feet from the moon was another bubble of the same size, and inside this bubble was the sun! It was truly a surreal sight. I picked up the moon and threw it against the ground as hard as I could in an attempt to break the protective case, but it wouldn't shatter. Unsure as to the nature or purpose of this miniature sun and moon, I flew off to explore elsewhere.

Desiring to heighten my state of consciousness even further and perhaps shift into a higher dimension, I began to spin around as fast as I could. I spun so fast that I could no longer control myself. Unable to stop spinning, I willed myself to fly into the sky. The momentum from my spinning caused me to orbit around a circumference of about 15 feet as I flew higher and higher. The force that kept me spinning eventually died out, and with my equilibrium back, I stopped to see if my environment had changed.

Looking up into the sky, I realized that the moon was now back in place. Not only that, but there were now about a dozen planets and moons of various sizes and colors within close proximity of the astral Earth I was currently on. I was instantly awestruck as I looked upon this breathtaking celestial display. One of the planets was so massive and close that it encompassed nearly one quarter of the entire visibility of the sky. Some of these celestial bodies were about the size of the moon as we normally perceive it in the physical universe, while others were 5 to 10 times that size. There was an intense energy radiating from these planets that really had a strong impact on me. It was so powerful that it was almost debilitating. I had to look away after several moments, as the energy strengthened within me the longer I looked at these planets until it was almost unbearable.

Deciding not to let my discomfort hold me back, I shot up into space in the direction of one of the smaller planets. As I approached it, I saw that

this planet consisted of yellow and orange rock. I plummeted into the planet at full speed and dove right into a small body of some kind of orange fluid. The energetic sensation of this substance was very interesting and was unlike anything that I had felt before. I emerged out of this liquid and surveyed the land. I was able to see a tremendous distance in all directions, and there seemed to be a lot happening on this planet that I wasn't able to process. I saw things that I simply can't put into words. The energy that this planet radiated was likewise very different from the energy of Earth, and made for a very unique and interesting experience. This energy seemed to have a direct effect on my state of consciousness, altering my perspective in a way that is hard to describe but that changed the core feeling of the experience.

Directly in front of me was an unusual artistic structure made of fiery plasma that looked like some kind of esoteric symbol, and in front of this structure were several objects lying side by side on the ground. The first thing that caught my eye was a red football-shaped object with an eyeball drawn in the center. My intuition told me to merge this object with my third eye, so I pushed it inside my forehead and it disappeared inside my head! Looking at the other objects, I saw that they were wooden boxes of various sizes with different writings on them. I can't recall exactly what was written on these containers, but during the experience I knew what these boxes symbolized. Within each box was higher-level mystical knowledge that is generally unavailable to humans.

Inside the first couple of boxes that I opened, I found various scrolls and materials with writing on them. As I read each one, I realized that my memory of the information I had gained from the previous container had been replaced by the new knowledge I was absorbing from the current box. It seemed like my conscious mind simply couldn't retain this knowledge. I have a vague memory of the second-to-last box that I examined. It was related to the nature of dreams.

The final container was the largest one, and within it was a series of smaller boxes that were labeled with various formulas that were integral to some kind of technological system that was beyond my ability to comprehend. There was also a note inside explaining that someone had previously tampered with the system, which resulted in a distortion of the formula variables. I understood that new numbers representing these variables had to be placed within each of these smaller boxes to recalibrate

the system, although again, I was unsure what this technology actually was. Although I didn't fully grasp the purpose of this system of formulas, it seemed complex and purposeful. As I studied this last container, I returned to waking consciousness.

My discovery of the boxes on the alien planet and my attempt to assimilate the knowledge contained within them gave me a true taste of how complex and foreign the nature of nonphysical reality is. There is a translation process between the higher mind and the conscious mind that converts nonphysical experiences and knowledge into concepts and sensory data that can be related to and comprehended by one's base level consciousness, in a way dumbing down the true nature of these experiences, which my intuition tells me are far more convoluted than they appear to be. I believe that this translation process wasn't able to adequately convey the knowledge I obtained in this experience, as it seems I simply had no foundational context with which to relate this mystical knowledge. The information I received seemed to be as alien in nature as the planet that I was on.

There are other aspects of these experiences that exhibit this mistranslation as well. For instance, finding miniaturized versions of the sun and moon lying on a lawn enclosed in protective bubbles was an event that was perhaps representative of something that my perceptions didn't accurately interpret. Some would probably write this off as nothing more than a dream element or reality fluctuation, without considering the possibility that perhaps more is at play than what is superficially experienced.

CHAPTER FIFTEEN
The Angel and The Monk

September 25, 2017

This morning I had a series of interesting dreams that led to an out-of-body experience. In the first dream, I was in an enormous UFO whose inside was like a futuristic indoor city. The beauty and vividness of this environment was astounding. Everything was white and glistening, as if all the buildings in the city were built with white marble. I was in this spaceship visiting a past version of myself as a child and some of my closest family members who were likewise somewhat younger versions of themselves. I was explaining to my younger self and family who I was and what my purpose was in reaching out to them. I was giving them some kind of instruction based upon my knowledge of having experienced the events that would eventually unfold in their future.

In the next dream, I was lying on my couch when I received a text message on my cell phone. The sender was anonymous, and the subject of the message was related to UFOs and aliens. I opened the message and a video immediately started playing. It was a live breaking news report. Before I was able to hear what the story was, a paralyzing shockwave shot through my body from my cell phone! I immediately knew that extraterrestrials were responsible for this, and I tried to resist this debilitating energy that was now coursing through my body. It was nearly identical to the paralyzing energy that I've experienced in the past from alien beings in the dream state. The experience was similar to the heavy vibrational state that I used to experience moments before I would leave my body back in the early days, only this state seemed to be artificially induced by an outside source. My intuition told me that whatever entities were doing this to me wanted to take me against my will. Within a few moments of resistance I was able to wiggle my toes and snap out of this state.

I soon found myself in another dream in which I was being guided through a chakra meditation. I was instructed to activate my crown chakra and gradually went down my chakra circuit, activating each energy center all the way down to my root chakra. As I went through this meditation, the

energy began flowing through my chakras with such strength that I gained full awareness of my etheric energy body. I knew that I was in a deeply altered state of consciousness, although I didn't consider that these instructions were coming from a dream reality. I was eventually vibrating from head to toe, and soon began to phase from my body.

I willed myself to fall inward so that I could fully shift into the out-of-body state. After falling several feet, however, I was drawn back up towards my body as if there was some kind of magnetic force pulling me up. After a few attempts with the same result, I decided to ask for assistance.

"Take me! Take me!" I called out to any nonphysical entity that would be willing to offer me assistance. I was suddenly pulled by my feet by an unseen force! I had no vision as I was being pulled along, but it felt as if we were moving fast. I soon realized that whatever was grabbing my feet was actually hurting me! I experienced a deep pain in my ankles and the thought immediately came to mind that I was not being assisted by a friendly being. I quickly aborted the experience by willing myself back to my body.

Remaining in an altered state of consciousness, I was soon taken again, although this time the pain wasn't present. I gained vision within a few moments and found myself quickly being pulled through a long corridor. Despite the fact that there was no pain, I still experienced some inner resistance. I had the feeling that aliens were involved, although I couldn't see who was pulling me. I wasn't entirely comfortable not knowing the nature and intentions of whoever was taking me. I chose to end the experience and shifted my consciousness back to my body.

It's often said that caution must be used when asking for assistance from nonphysical beings and reaching out to spirits, as there are a lot of deceptive entities out there that will jump at the opportunity to cause trouble. I generally make it a point to specify the type of entity I desire to make contact with before sending out any requests, as it seems the power of one's intention is the driving force which attracts spirits and other nonphysical beings into one's awareness. A good rule of thumb is to clearly state that only entities of the highest virtue, wisdom, love and compassion are welcome to make contact. During this previous experience, my request was simply to be taken, which apparently opened the door for malevolent entities to intervene, as was indicated by the pain that was inflicted upon me by whoever had pulled me out of my body.

I'm not entirely certain as to the nature of the mechanics behind the experience of pain while in the out-of-body state, but it may have been a result of a transference of the being's lower energies into that area of my energy body, perhaps conflicting with my own energy. A strong malicious intention to do harm to another will likely also result in an experience of pain in that individual while out of body. Of course, being that the physical body's nerves are responsible for the experience of pain and there are no such nerves in the energy body, this pain is likely a manifestation of the mind's memory of pain, rather than an objectively real pain response in the energy body. However, there may very well be a nonphysical equivalent to the nervous system which in fact produces real pain while out of body.

November 4, 2017

I woke up early this morning and decided to have a WILD (wake induced lucid dream). I closed my eyes, cleared my mind and waited for an image to appear. Out of nowhere, the face of Eckhart Tolle manifested in my mind's eye, so I focused all of my attention on it. The face soon began to distort and transform, and as it was changing, I felt myself shifting inwards to another place. I suddenly found myself flying down a crowded beach on a sunny day. At first my perception was a bit dull, but the longer I flew down this beach, the realer everything got and the more grounded I became in this reality. My conscious awareness quickly strengthened so that my perceptions were just as vivid and real as they are in the physical world.

I was flying about 10 feet above the sand, curiously observing all of the people on the beach as they socialized, played games, swam in the ocean and relaxed. I could even hear them talking with each other as I passed. I soon looked at my hands to increase my lucidity. They looked solid and real. This instantly boosted my level of awareness, but I wanted it heightened even further.

With all of my might I yelled out, "Clarity now!" My voice boomed so loudly that for a moment I thought that I had physically screamed it! There seemed to be an echo-like quality to my voice. This vocalization of my intent instantly raised my consciousness to a state of ultra-awareness. I suddenly became aware that I was telepathically communicating with someone who had been traveling with me the whole time without my knowledge! If I

hadn't increased my awareness, I probably wouldn't have realized that this communication was taking place on a higher level.

I continued flying along with my friend in a state of complete joy and freedom. I soon decided to increase my speed and altitude, but I encountered resistance and started to become heavier. I began to drop towards the sand and my movements became restricted. At that moment, my friend who I was traveling with advised me to ask for help from my guides. I realized that this was a great idea and I understood that my friend was a wise spiritual being.

I was about to call out my request for assistance when suddenly a huge truck crashed down into the sand, falling from the sky and passing just inches away from me! Then another large object came crashing down a bit further away. Then another, and another, and soon it was raining down wrecked cars and other large objects and machines all around me! A chaotic energy filled the environment and I received the intuition that some kind of apocalyptic scenario was being played out.

My lucidity began diminishing and I soon found myself in a void, totally surrounded by darkness. I wanted to continue my experience, so I focused on looking at my hands. They appeared to be dark silhouettes, darker than the blackness that encompassed my vision. I screamed for clarity, and before I knew it I found myself back at the beach. My awareness was lucid and radiant, and I blasted off into the sky at full speed. Rather than trying to fly fast, I reached my consciousness out to the furthest point I could see and willed myself to shift to that location. This caused a warp speed effect that propelled me at an extremely high speed into the distance. As I sped past the clouds, my environment seemed to become illuminated with a surreal and graceful quality which gave everything the appearance that it had been painted by an artist.

I was traveling at such a high speed that I wasn't completely prepared for what I was approaching. I suddenly found myself flying towards a huge angelic being who must have been at least 100 feet tall! This angel was clearly a male, as he was wearing white robes that left some of his torso exposed. He had white feathered wings and was sitting on a cloud, leaning on one arm and looking down to the Earth below. Suddenly, he reached his other arm down and shot a giant fireball down towards the ground! I was absolutely blown away at what I was witnessing. This occurred as I was flying past, and while I was only able to see this angel for several moments

before I zipped by, the impression this scene had on me was tremendous. The power and beauty that radiated from this angel was astounding and left me in awe. I understood that he was engaged in a war, although I wasn't aware of who the war was against. The sight was a bit shocking because I had always envisioned angels as peaceful and loving beings. Either my concept of angels was flawed, or this was simply a different kind of angel.

After passing this massive angel, I warped myself even faster into the distance and suddenly the clouds transformed into a series of evolving geometric shapes and patterns of the most beautiful and vibrant colors imaginable. The colors were changing and flowing into one another as the formations morphed. The shapes combined to form a circular configuration that branched out in fractal patterns from a central opening through which I passed. My intuition told me that there was a divine and intelligent design to these formations. They seemed heavenly in nature.

I traveled past what seemed like hundreds of miles of these transforming shapes and patterns, and throughout this experience an energy built up inside of me with such intensity that it seemed to affect me on the etheric level as well. I became aware of the energy within my etheric body with a small portion of my consciousness. There was a strong buildup of energy in my throat chakra, and it seemed as if I was actually gargling dense energy. At first, most of my awareness was grounded in my nonphysical experience and just a fraction of my consciousness was aware of my etheric energy body, but this bilocation soon shifted into a complete awakening into the physical dimension.

It was interesting how a dramatic heightening of my awareness revealed an aspect of my experience that was completely hidden from my conscious mind. I realized that I had been communicating with another being the entire time, and yet before this revelation, I had absolutely no knowledge of this. This was not the first time something like this has happened, and it wouldn't be the last. It seems there are higher aspects of my nonphysical self that actively engage in various experiences and interactions totally hidden from my conscious mind. I believe I shifted into a more expanded state of consciousness in which a higher aspect of my mind was engaged in another level of reality. This experience supports the theory that there are multiple aspects of one's consciousness that exist in a spectrum or gradient, and that there are always multiple dimensions of

experience simultaneously taking place throughout this spectrum, even though one is usually only aware of one level of experience at a time.

February 8, 2018

This morning I remained lying in bed with my eyes closed after waking up in an attempt to recall my dreams. I usually wake up after every dream and write what I can remember in my journal that I keep on my nightstand, but last night I failed to do that. I awoke momentarily after every dream throughout the night, and I know that I initially remembered each dream, but these memories were now gone.

Lying still in deep contemplation with the intention of remembering my dreams, I shifted into an altered state and found myself in another reality. I was suddenly handed a book by an unknown being, and upon flipping through the pages, I realized that contained within this book were detailed descriptions of all of my dreams from the previous night! Not only was there a written description of each dream, but located above the text was a video that actually showed each dream as if they had been recorded with a video camera! I briefly scanned through the book and woke up. To my amazement, I was now able to remember all five of my dreams from last night! These were indeed genuine memories of the dreams I had, as I not only remembered the dreams themselves, but I also remembered initially remembering these same dreams as I awoke throughout the night.

This experience demonstrated the fact that the mind, particularly the deeper layers of the subconscious mind, stores nonphysical experiences in its memory database. And not only that, but it also revealed the conscious mind's ability to access these memories. An idea that has been found to be true by several prominent explorers of consciousness and that is supported by this experience is that memories are generally stored at the level of consciousness in which the experience originally occurred. This is also demonstrated in my higher-level OBEs in which I have access to insights and memories that I simply can't bring back to the physical world, but during the experiences there is an undeniable connection to higher knowledge that seems innate at that level of consciousness. It was very interesting how my higher mind presented this information in the form of a book with chapters for each dream and videos to go along with them. It was also fascinating how I only had to briefly scan each chapter of the book in

order for the complete memory of the dreams to be uncovered by my conscious mind.

May 20, 2018

I woke up early this morning and listened to a Hemi-Sync track along with a guided meditation. I soon found myself in the dream state. I was with a man who was a great spiritual teacher. He had given me a book in which he had written detailed teachings directly tailored to my own personal spiritual growth requirements. I knew that these instructions were the most effective teachings that I would ever possess on how to achieve enlightenment. There were also teachings on exploring and learning in higher dimensions of the out-of-body state which I was extremely eager to absorb. However, I lost the book, and this teacher was very disappointed in me for not taking my spiritual development seriously, although I honestly felt that I was ready to take my development to the next level.

I eventually found myself lucid and aware in a void state, completely detached from my body. I got myself into a seated half-lotus meditative posture, and as I floated in a vast expanse of nothingness, I began to draw energy into my chakras from the root to the crown. My entire energetic system exploded with energy and I was now pulsing with blissful vibrations. The energetic sensations that I was experiencing were incomparable to any feeling of energy I have ever experienced within my physical body. I was radiating with bliss that penetrated the very core of my being.

I soon experienced the desire to explore, and almost instantly felt myself flying upwards. As my vision manifested, I found myself miles high in a clear blue sky scattered with glistening white clouds. I was overcome with the desire to experience God, and as I stated my intent, I felt someone grab my hands and I was pulled upwards with a tremendous force! As I ascended, I continued to verbally state my intention to experience God. Suddenly, light began flashing down from a distant point of light high above me. As I rose higher, rays of light continued to beam down around me. Coming closer to the light source, I saw that it was a large white orb of energy. I was suddenly hit with an enormous beam of light and I instantly found myself in a completely different place!

The moment I saw my surroundings, I had full knowledge of where I was and what was happening, as if I was imparted this information from my Higher Self. I was at the home of the spiritual teacher who had given me the

book in my previous dream. He was having a small social gathering at his house that was located on a cliff at the top of a mountain.

As I floated around his house, I passed a mirror on the wall and looked at it, unsure as to what I would find looking back at me. My face looked the same in the reflection as it does in physical reality, although my hair was neatly parted to the side, whereas normally it's a bit spiky. I had a steady grin on my face that absolutely captivated my conscious mind. As I looked at this version of my self smiling peacefully in the reflection, I received the insight that the grin was a result of my being in a higher state of consciousness in which I was more connected with my divine nature. This experience of seeing myself in an enlightened state caused such a strong feeling of happiness to well up within me that it felt like I was crying with joy.

I soon located the spiritual teacher, who was sitting with two people on a large deck that extended out from the inside of his house. As I approached them, one of the men who was sitting got up and left. I sat down in the chair that he left empty and began to talk with the teacher. We had a very in-depth conversation and I remember being amazed at the level of detailed information that was being conveyed to me. He explained to me that the most important thing that anyone can do in life is to help other people, and as I was absorbing this information, another aspect of my mind was simultaneously thinking of how I could apply these teachings in the physical world. I soon wound up back in my body.

This was not the first time that I had encountered a dream character from a previous dream in an out-of-body experience. On several occasions I have met certain individuals in dreams, only to find myself running into these same people later that night or the next morning while out of my body. Many would likely interpret this as a dream element in the out-of-body state, perhaps a subconscious manifestation carried over from the dream state, and this very well could be the case. However, it also strikes me that rather than invalidating the authenticity of this aspect of the out-of-body experience, this connection between the dream and OBE could actually provide a new understanding of the dream experience.

It has already been established that not all dream characters are necessarily subconscious creations, but that some may actually be genuine spiritual entities involved in one's dream. This perspective naturally leads to

the possibility that these dream characters encountered in out-of-body experiences are authentic, independent conscious beings that likely have a purpose for making contact with the person, and thus manifest themselves in these nonphysical states. After all, both dreams and OBEs are equally valid means of teaching lessons and facilitating personal growth in the individual.

July 7, 2018

This morning I was meditating in bed with the intention of discovering the answer to the question 'Who am I?' I opened myself up to receive the answer and patiently waited. After a short while, I experienced an internal shift followed by a feeling of expansion, as if I was inflating like a balloon. I suddenly found myself floating free of my body, surrounded by darkness. I waved my hands in front of my face and they appeared to be dark silhouettes, even darker than the blackness of my surroundings. I focused on my hands with the intention of bringing them clearly into my vision and they manifested within seconds, followed by the nonphysical environment around me. I found myself in a bedroom, and although this room was completely different from any bedroom I had ever seen, I knew that somehow this room was mine. I received the intuition that I was somewhere in France.

I flew out the window into the bright blue sky and soared around the town for a little while, taking in all the sights. I spotted two women walking on the sidewalk and approached them. "Where are we?" I asked them, only to find myself almost instantly shifting from this location into darkness. Now in a void just like the one I found myself in when I first left my body, I once again tried to look for my hands. Again they appeared as dark silhouettes. This time I tried something different, however. I envisioned a mirror in front of me, and within moments an image of my body came into view in the reflection, soon followed by the environment around me. I found myself in the same neighborhood as before, floating in front of a mirror that was hanging on the outside of a building.

I flew up into the sky while looking at my hands, experiencing a further heightening of lucidity. I realized that I wanted to do something meaningful rather than just aimlessly flying around. The first thing that came to mind was Jesus, and with this thought I excitedly yelled out, "I want to talk to

Jesus Christ!" My voice boomed out so loudly that it seemed to echo throughout the entire neighborhood.

Just a moment after I screamed out my intention, I noticed a person walking in my direction a couple of blocks away. I was about 50 feet above the ground and flew down to get a better look. The first thing I noticed was that this man was wearing a long white gown, had long brown hair, and was carrying bags in his hands. As I approached, I saw that he had a short beard, his gown was a bit dirty, and it looked like he was carrying groceries. I was about 20 feet away when I realized that this man was Jesus, and I was suddenly overcome with a deep feeling of joy and excitement! The identity of this man wasn't just a guess or an assumption, but rather it was like being hit with direct knowledge from a higher source.

I flew right up to Jesus and gave him a big hug. The following words that I spoke seemed to come straight out of my subconscious mind, as I had no idea what I was going to say to him. It was like these words flowed right out of my soul. "Who am I?" I uttered.

Looking at me in the eyes, Jesus responded, "You are every man, woman, and child."

I remained still, concentrating on his answer to ensure that I would remember it. I suddenly experienced an internal shift and found myself back in the room that I had originally projected into. Wanting to solidify Jesus's words in my mind, I found a pen and a piece of paper and wrote the statement that he had spoken. After a few moments of mentally reviewing the encounter, I experienced another shift and found myself watching a scene of an old friend of mine. My friend was in a state of extreme emotional distress, crying and loudly voicing his regrets. In his life he had only cared about himself, while he treated others like enemies and obstacles to overcome. He was now in a state of spiritual unification with the people in his life and experienced his intimate connection with everyone he had treated poorly, feeling deep regret and despair. The scene faded and I found myself back in my body.

After reviewing this out-of-body experience, I realized that my original intention that I had set during my initial meditation was actualized and fulfilled during my encounter with Jesus. I simply made one statement of intent to discover the answer to the question "Who am I?" and the question came out at just the right time. I understood that Jesus's answer

was connected to the scene I witnessed of my friend in despair. The message was simple: I'm intimately connected with all people, and if I don't live with this in mind, I may end up regretting the choices I make, especially in terms of my relationships with others.

Despite the higher level of knowing that took place when I realized that this man in the street was Jesus Christ, I'm not entirely convinced that the being I met was actually Jesus. While it's certainly possible and maybe even likely that it was, it's also possible that it was another being that took the image of Jesus, and it's likewise possible that it was simply a projection or manifestation of my mind's desires. Of course, I do trust my spiritual intuition, especially when I receive what seems to be higher-level knowledge, but I'm wary of jumping to conclusions and ruling out possibilities without sufficient evidence. I believe that what is most important about the experience is how the information I was given serves me. This experience helped me to put my attitudes and relationships with the people in my life into perspective, and served as an excellent learning experience, one that I make a point to always keep in mind.

October 19, 2018

After a short amount of time in meditation this morning, I entered an altered state of consciousness and fell out of my body, falling for several seconds before gradually coming to a stop. My perceptions were foggy and my arms looked shadowy and pixelated. I began to call out for clarity, verbally stating my request repeatedly. As I did this, my awareness became clearer and more focused until I reached a peak level of consciousness and emerged in outer space among an infinite expanse of stars and planets. I looked at my arms and saw that they now appeared to have a well-defined form, but were translucent with a white tint, similar to what you would expect a ghost to look like. I began flying at a tremendous speed and noticed that some of the stars were much smaller and closer than they usually are. The intuition struck me that these weren't actually stars, but were spirits!

I made a verbal request to meet my Higher Self, and I suddenly experienced an internal shift into a black void. I soon shifted out of this void state and found myself back in my bed, although I couldn't see very well. I felt something in my lap, and knew that I was still in the out-of-body state. I reached down to see what was resting on my lap and I felt a face, moving

my energy body hands all over it like a blind person would do to identify something or someone. At first I had no idea who this was, but I knew that this person was somehow connected with my Higher Self. As I touched this face, my vision began to manifest, and as my surroundings came into focus, I realized that it was my daughter! At that moment I received the knowledge that my daughter had a deep spiritual connection with me, perhaps even on the level of my Higher Self. The experience ended and I woke up with a smile on my face.

One thing that I've learned about making requests in the out-of-body state is that I can never be sure what type of experience is going to manifest, but it seems my Higher Self has a wide variety of ways to bring forth the experience that I desire. Sometimes my requests are in line with what I would have expected, but other times these experiences are very different from what I would have imagined, although my original intention is still fulfilled. But that's the thing about spiritual growth. It doesn't necessarily happen according to the ego's plans and desires, as many times, what the ego wants and what the ego thinks it needs are very different from what the person actually requires for true growth to occur.

January 23, 2019

After awakening early this morning, I went back to sleep listening to Hemi-Sync with the intention of having an OBE. I eventually found myself in the dream state at my grandfather's house, and I believe it was the meditation track that caused me to shift into the out-of-body state from the dream. I floated out of my dream body and was now fully lucid, still in my grandfather's house. I immediately called upon my deceased grandmother, and within moments she appeared right in front of me! There was a joyous exchange of love between us, and I experienced the direct knowledge that this was really her.

After a short dialogue with my grandmother, I continued on, leaving the house and roaming out to explore the neighborhood. To my surprise, I soon ran into one of my close friends, who also seemed to be in the out-of-body state. He was floating and flying around just like I was, whereas most of the people I encounter while out of body walk around as if bound by the laws of gravity. We began exploring different places while simultaneously having an amazing conversation that seemed to reveal deep and hidden

truths regarding the nature of reality. I was very excited to bring back the information that was shared during our conversation. We eventually split up and I went on my own, soon finding myself on a crowded beach.

I was flying over the shoreline when to my surprise, I noticed a 200-foot tsunami that was fast approaching! In an attempt to avoid this wave crashing over me, I flew straight up into the sky as fast as possible. However, I couldn't make it high enough in time and the wave consumed me. I was shocked to discover that this water was cold! I experienced a very real feeling of coldness as the wave overtook me. At first I tried to hold my breath, but remembering that this wasn't necessary, I relaxed and let the wave pass over me.

I began to fly higher and higher, and as I neared the outer edge of the upper atmosphere, it was as if I flew through a veil that concealed the larger universe. Suddenly, the blue sky turned black and countless stars and planets appeared, as if I had crossed a border into outer space! I was immediately struck with a feeling of awe and an energy grew within me that was well familiar. It was the same quality of energy that I usually experience when I'm in outer space among the planets and stars. It's an energy so massive that it seems to overwhelm me, and as far as I can tell, it appears to be the totality of the energy of these giant celestial bodies, which often feel like enormous conscious entities rather than simply large, lifeless rocks and gas formations.

As an experiment, I flew in reverse back down towards the ground to see if the planets and stars would become concealed again, and sure enough, the blue sky appeared as I descended and I could no longer see into outer space. I then flew back up, watching the universe reveal itself once again and being overcome by the incredible energy radiating from outer space.

I soon found myself back in my body with the memory of the entire experience fresh in my mind, including the details of the conversations I had with my grandmother and my friend. However, much of these details would soon be replaced by the experience that was to follow. I remained still and easily shifted back out of my body. The moment I was free, I immediately requested to experience my Higher Self. I was suddenly thrust upwards at a tremendous speed, spinning as I propelled through layers of colors and light. I soon began to slow down and as I came to a rest, my environment manifested around me.

A man's face materialized no more than a foot away from me, followed by the rest of his body and the environment around us. I was now facing an extremely large man, probably three times the size of a normal human! He was an older white male with no hair and was wearing a monk's robe. He looked like a kind person and I could feel a peaceful, wise and compassionate energy radiating from him. We were in some kind of futuristic indoor setting in the middle of space, as I could see by looking out the windows that we were surrounded by stars and planets. The floor, walls, tables, chairs and everything else in this place seemed to be made of a shiny metallic material. It's possible that we were in some kind of spacecraft, although our location in space didn't appear to move and I didn't inquire about it.

Now fully immersed in this nonphysical environment and eager to obtain some information, I immediately began a dialogue with this giant monk.

"Are you my Higher Self?" I asked excitedly.

"Yes," he replied warmly.

"You look like a man. So my Higher Self is a male?"

"No. The concepts male and female are illusions, constructs of the physical world. They don't apply here."

Intrigued by his answer, I continued: "What should I be doing with my out-of-body experiences? Is there a purpose for them?"

"Push the boundaries of your experience and continue to explore the deeper layers of your inner being. Confront and eliminate your fears."

Realizing my opportunity to gain some truly beneficial information, I asked, "What is the most important advice you can give me that I can apply to my life?"

"See the efforts that you make toward your spiritual growth as repetitions."

As he spoke, it wasn't just my mind hearing and interpreting words like is the case in the physical world. Rather, I was being sent the information telepathically, and the energy of that information was manifesting as verbal speech. I was able to experience the unfolding of this process and knew that the image of the man and his words were representative of something much deeper and more profound. The depth, clarity and insight that I was experiencing was truly amazing and inspired a state of joy and appreciation.

At this point in our dialogue, I was no longer able to retain my consciousness in this reality and was drawn back into my body.

This giant monk's last answer was particularly fascinating. He gave only a short answer, but contained within that one word, "repetitions," was a far more detailed concept. By repetitions, I understood that he meant that as one repeats a thought or action, the energy of the underlying intention becomes stronger, it becomes more and more imprinted in the subconscious mind, and it begins to replace old habituated mental patterns and behaviors. As he spoke these words, my mind was instantly directed to the idea of lifting weights to increase muscle size. The more repetitions that are performed, the stronger the muscles grow. In the same way, the more one thinks and acts in ways that bring about spiritual growth, the more one develops skillful and wholesome qualities of mind.

I was essentially being told that because the amount of effort I put into my spiritual development would determine the amount of growth and transformation that would take place within me, I needed to be ardent, mindful and repetitive in my efforts. This wasn't exactly news to me, but it allowed me to see this concept from a higher perspective. I was able to experience the truth of this information as a direct knowing. It was no longer just some theory that I had read about and held in faith to be accurate. The fact that my Higher Self believed this was the most significant advice to give me at this time really drove the point home.

It was interesting that my Higher Self presented itself as a monk, as at the time I identified as a Buddhist, and to me, this persona symbolized enlightenment more than any other. The knowledge imparted to me can actually be interpreted as the Buddhist teaching on karma, which in my opinion is the foundation of all spiritual development. The heart of this teaching is that every action gives rise to a corresponding effect, which seems pretty basic, but is nevertheless of critical importance in shaping one's life. More specifically, karma can be seen as intention, as one's intentions give rise to action, and it's these actions that lead to future consequences and results. Thus it's apparent that in order to cultivate wholesome qualities of mind and create desirable internal and external conditions in one's life, a person's intentions and actions must be aligned with the results that these produce.

March 3, 2019

Last night I had an experience that has made me reconsider my OBE practice. I woke up in the middle of the night and entered an altered state of consciousness. Gentle vibrations washed over me and I smoothly drifted out of my body. I found myself in my bedroom and could see through the window that it appeared to be dusk, rather than late at night. I flew through my window and made my way towards the front of my house.

Approaching the street, I suddenly noticed a voice calling to me.

"Vince! Come here!"

I turned and saw something on my front porch. It was a 4-foot tall statue of a female saint that reminded me of Mary from the Bible. I realized that the voice was coming from this statue! Intrigued, I flew over to see why I was being called.

As I approached this statue, it continued to call out to me.

"Come to me!" The gentle female voice beckoned.

I was face to face with the statue when it quietly said, "Come closer. I have something to tell you."

I flew as close as I could to the statue and put my face next to its head, as if I was going to be told a secret. Suddenly, a painful jolt of energy struck my neck and I realized that this statue had somehow attached itself to me! It started to suck energy from the side of my neck and I saw a stream of white energy flowing from my energy body into the statue. I panicked, and in a state of fear tried to escape from the clutches of this entity. As hard as I tried, I seemed to be stuck, as if a strong gravitational force was holding me close to the statue. All the while this painful energetic force was latched onto my neck like a giant leech. In a final fit of desperation I screamed and broke free, instantly snapping back into my body.

This was a very frightening experience, but I had been confronted and even attacked by negative entities in the past with little apparent consequence. However, this time was different. I got out of bed and realized my neck was sore on the side that had been affected during the attack. It didn't feel like just an energetic sensation, as I sometimes have residual energetic effects immediately after coming back from my OBEs. This felt like a real physical injury, but it was minor and I tried to forget about it, hoping it would subside.

Over the next day the pain got worse. By the end of the day I was unable to move my head. I have had bad neck strains in the past which have left me unable to move my head to the side for a day or two, but never had I experienced the level of pain that this experience left me with. The pain was so intense that at one point I was on the brink of tears. Over the next several days the injury eventually healed, but I was now reluctant to leave my body. It appears that whatever this entity did to me in the out-of-body state had a real and significant effect on my physical body.

Throughout all of these years of developing my energy body, exploring higher dimensions, experiencing states of divine bliss, merging with my Higher Self and gaining incredible spiritual insights, I had been under the impression that there was no real danger in these nonphysical journeys. It seems that even after decades of experience and development, the possibility of spiritual attack remains and the potential risks of entering the domain of the unknown is as real as ever.

Final Thoughts

The experiences that have been detailed in this book have served to provide astounding insights regarding the nature of who I am as a spiritual being, the incredibly complex nature of consciousness and the nature of the greater multidimensional reality of which the physical universe is just a tiny aspect. The majority of these insights are inaccessible to the human mind while in a physically-attuned state of normal waking consciousness, but rather can only be acquired by firsthand experience in higher nonphysical dimensions, as there are natural limitations placed upon consciousness while in physical reality that hinder access to this higher knowledge.

These projections of consciousness and experiences in altered states and alternate realities have given me enough experiential evidence to confidently construct an empowering and growth-inspiring worldview which has served me well, although it's constantly being modified and expanded as I accumulate further experience and knowledge. The key to making the most of this particular method of spiritual practice is to use one's time in the out-of-body state wisely. That means to explore, investigate and discover that which can be integrated into one's daily life in a way that brings benefit to oneself and others.

It's important to understand the elusive nature of these experiences and refrain from jumping to conclusions without sufficient evidence. I try to avoid presenting my insights as absolute truth and acknowledge the limitations of the human mind in assimilating these higher-level experiences, although I likewise recognize the unlimited potential of consciousness, as I have experienced it firsthand.

It is also important to exercise caution and understand that malevolent entities exist in nonphysical reality and can cause real harm, whether you believe it or not. I have heard many people downplay the reality and dangers of negative spirits, claiming that simply sending love and light will provide all the protection needed. However, it is not as simple as that. By entering their territory, a person may inadvertently become a target of their negative influences and bad intentions. By engaging in out-of-body experiences, one assumes the risks inherent to the practice. For me, this included being scared, stalked, attacked and even physically injured by these malicious beings. Because of these dangers, I do not recommend the

practice of out-of-body experiences, although that's not to say that one cannot benefit from them if approached wisely and carefully.